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July

Better Homes and Gardens®

1995

Weekend decorating

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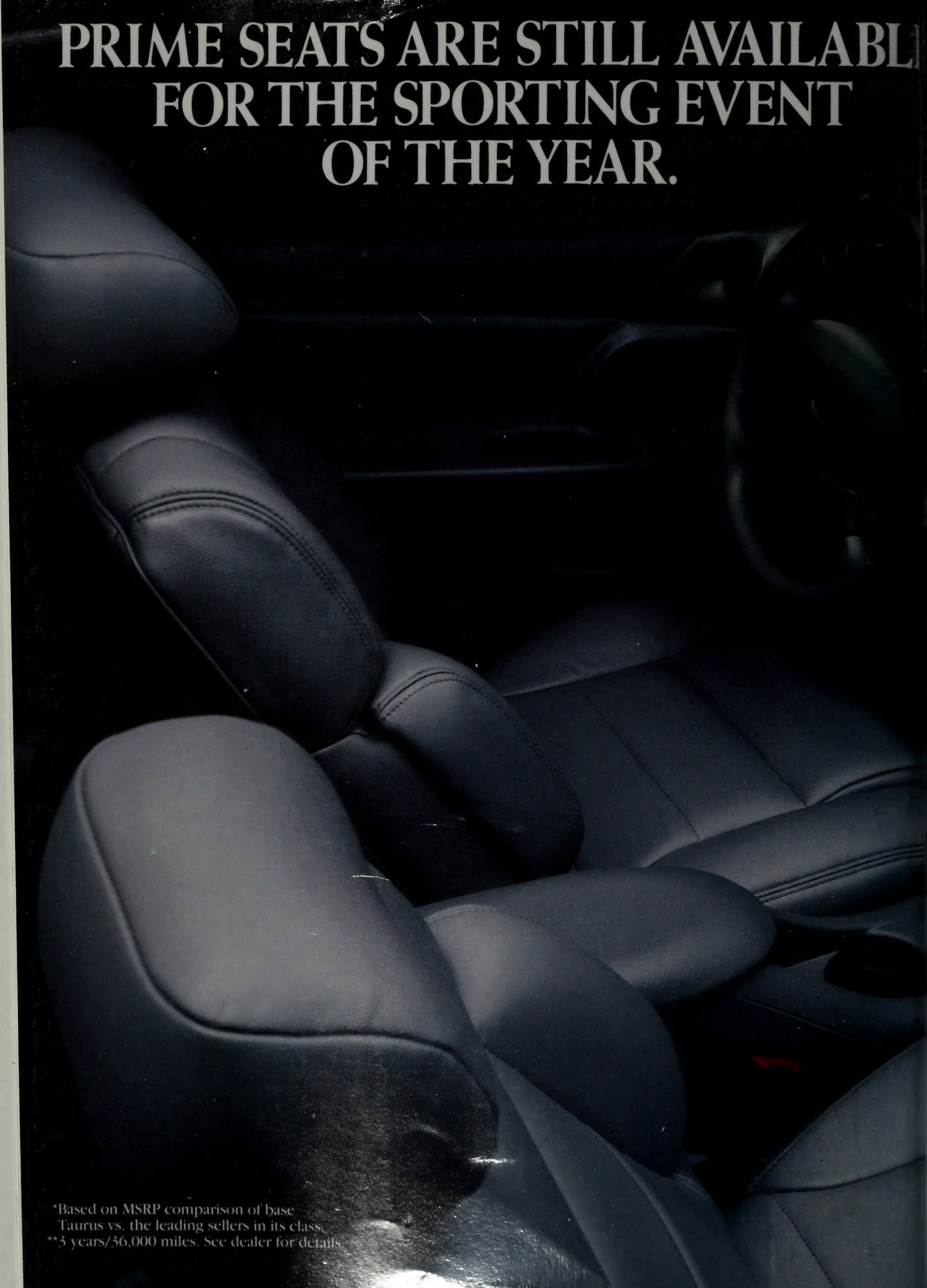
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*Based on MSRP comparison of base Taurus vs. the leading sellers in its class.
**3 years/36,000 miles. See dealer for details.

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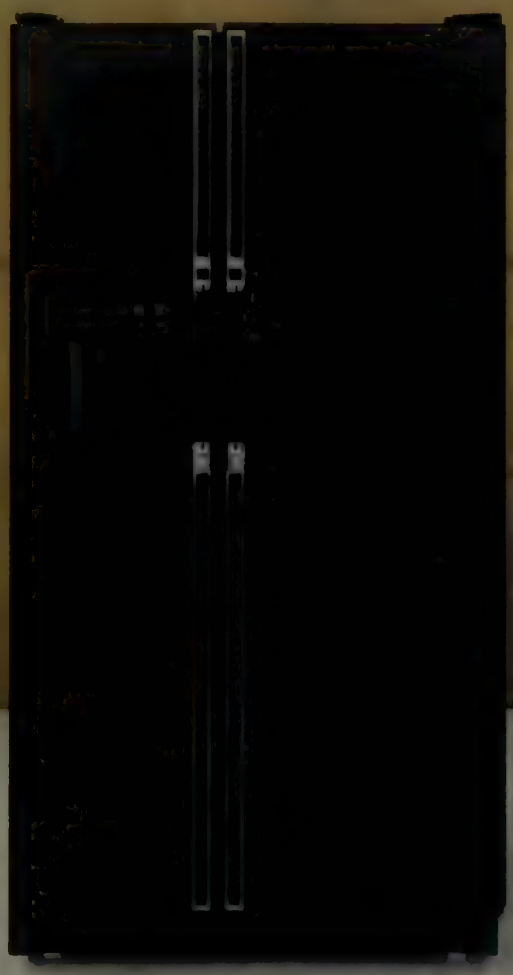


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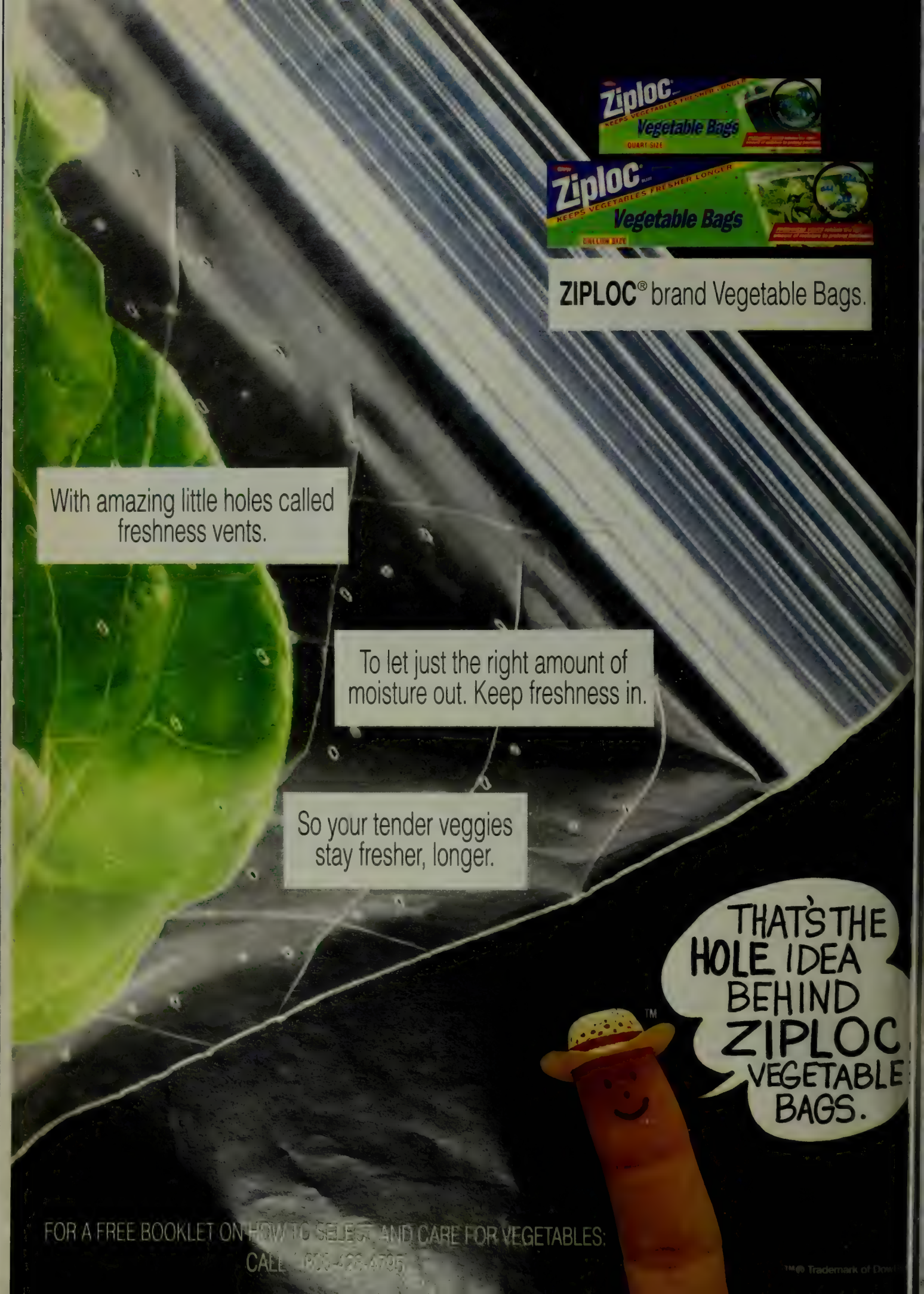


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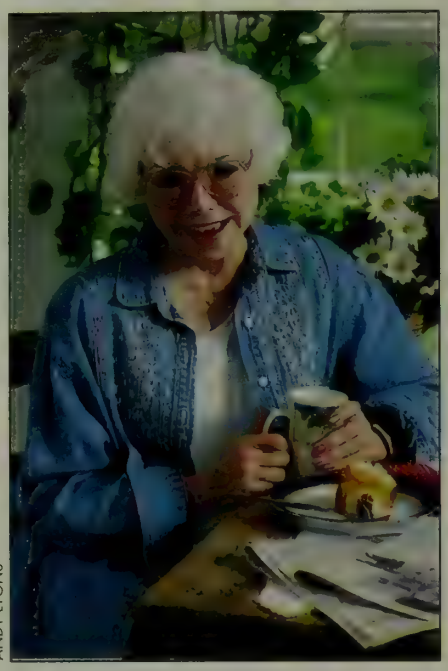
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between friends



ANDY LYONS

If heaven has "flex hours," I want to put in for an eternity of summer mornings. There's nothing like those early hours of the day when the birds are trying to outsing each other and the rest of the world is still quiet. That's when I like to pour another cup of coffee and just enjoy being around home. And for me, being around home is a summertime treat. I spend the first months of every year on a whirlwind circuit—visiting business centers across the country where I present our magazine's vision and goals. And I love it. Nevertheless, I'm still happy when it's time to pack away another year's presentation.

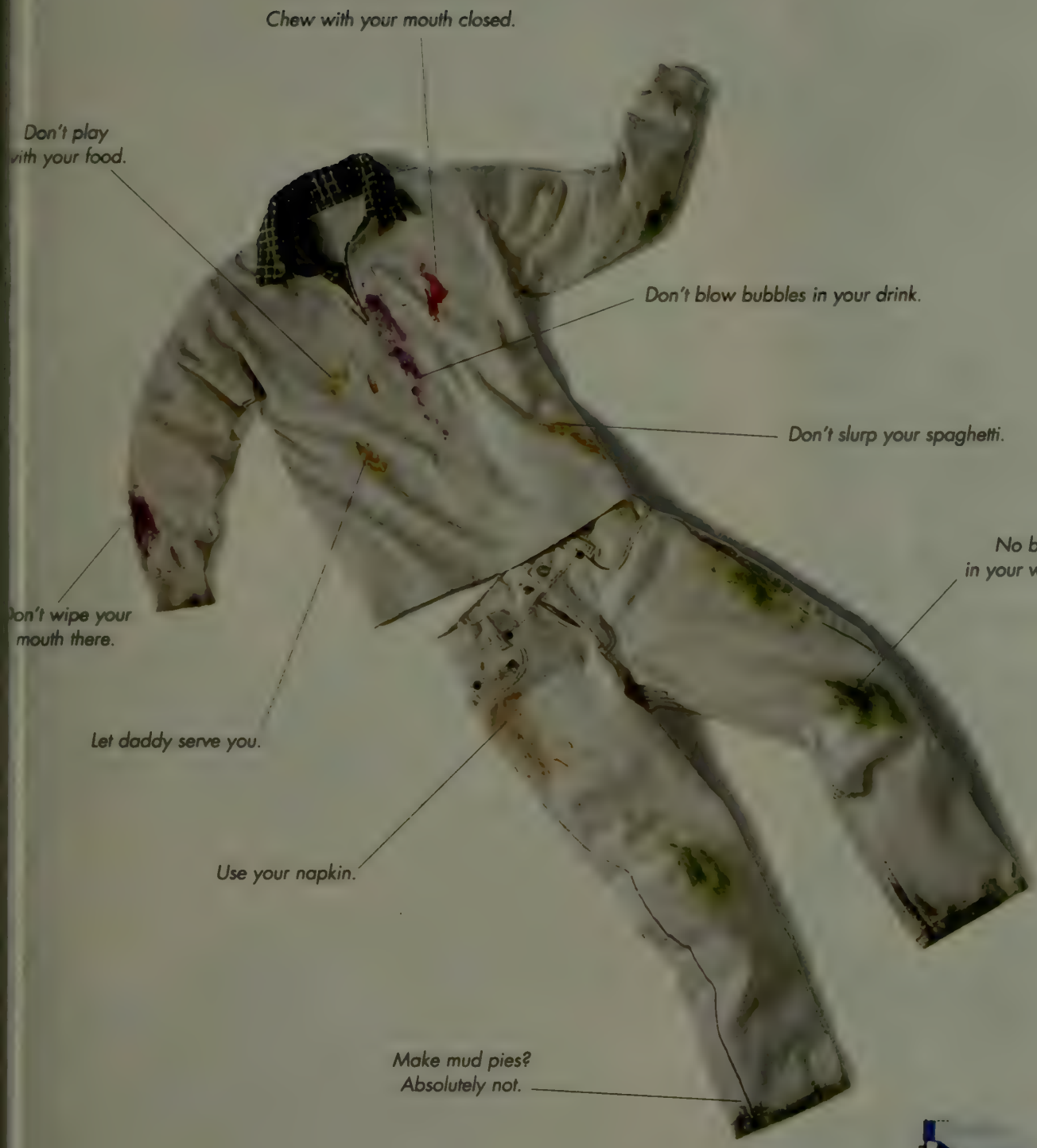
This year, my presentation was about you—and us. It was titled "Putting the Family First," and although it's what we all do personally, very few magazines do it. For *Better Homes and Gardens®* it's easy. We're all family and home people. All the editors and designers live just the way you do. We're homeowners, amateur gardeners, cooks, and home decorators. Most of us are parents. And if you asked us what we care about most, we'd tell you our kids and our homes.

It was the first editor of *Better Homes and Gardens* who in 1926 said, "There is no substitute for a home and for real family life." Every editor and staff member since has believed that same thing. It's just the way we are. And that's the reason I'd rather be spending these morning hours at home than at a breakfast meeting in some far away conference room.

Jean LemMon

Jean LemMon, *Editor in Chief*

YOUR KID DIDN'T LISTEN. BUT WE DID.



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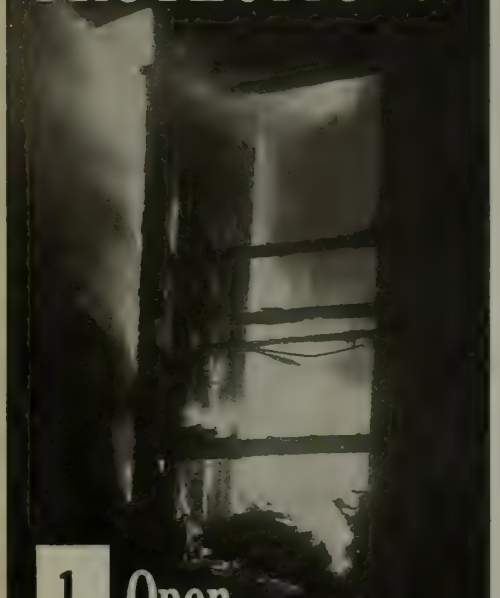
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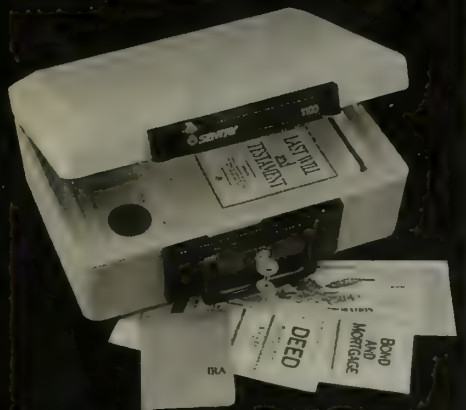
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STYLE IN THE MAKING

fireplace fillers

It's been months since you revved a fire in that dark hole in the wall. Ready for a new view? Here are five ways to create room-renewing focal points—without adding to the summer heat.

by Laura Holtorf Collins



SUMMER SPACE

Emphasize the firebox by planting it with a container garden. The rustic beauty of twig containers forms a solid base for the outdoor theme, and the twigs themselves give a pleasing, natural rhythm and texture to the arrangement. Smooth terra-cotta pots contrast with the twig containers for surface interest and variety of shapes.

Select a rectangular tote basket that's large enough to fill your fireplace opening. Remove the basket's handle and set its base to the back of the fireplace. Hang the basket from an S-hook on the fireplace front, as shown *above*. Set potted flowers on the basket side below. Arrange your display, beginning with the twig pieces. Then, add terra-cotta pots of bright blooms. (Consider bringing your outdoor potted plants indoors for a visit. When they need time in the sun again, exchange them for others fresh from the patio or garden.) Nestle them on the basket shelf and tuck them around the hearth. Place dishes under the pots to catch water.

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STYLE IN THE MAKING

fireplace fillers

The glimmering play of crystal and lit candles against a mirrored backdrop opens this room by day and creates the illusion of a thousand stars by night.



MIDSUMMER NIGHT'S DREAM

Create a glittering focal point with elements of surprise: mirrors and candles. Perfect for a nonworking fireplace, mirrors set inside the surround reflect the room, adding a grand illusion of space in the mind's eye. Also, each light, when reflected in the mirror, offers double the dazzle.

If you have a mantelpiece with no actual fireplace, you may want to mount the mirror permanently in place. For a working fireplace, set the mirror at an angle inside the opening so you can remove it when you're ready for a winter fire. Fill the opening with crystal-clear candlesticks and blazing white candles of assorted sizes gathered from garage sales, flea markets, crafts shops, and antiques stores. If you have only a few candlesticks, you can augment the twinkling-sky setting by winding strings of miniature, white Christmas tree lights around the candlesticks and letting them trail onto the floor. Lighted Moravian stars, assembled from kits, add to the beauty of the night. To order, see buying information, *page 26.*

continued on page 18



Even an engineer has trouble understanding how his Maytag washer keeps running.

. Mr. Thomas Fisher of Newport News, Virginia is baffled. As a professional engineer, he's studied lots of machines before. In fact, he's got a pretty good sense how everything from a car to a computer operates. But he can't quite figure out how his Maytag washer keeps working. . His family of five has had their machine for ten years now. In all those years of constant use, it's only needed a couple of minor repairs. . And that's only half the story, because originally the Fishers got their washer from neighbors. And their family of five had used it for years before the Fishers even did a load. . We can't promise every Maytag washer will last this long, but we build them all to last longer than any other brand. . So take it from an expert like Mr. Fisher. He'll be the first to tell you a Maytag washer will keep running for years and years. Just don't ask him to explain it.



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STYLE IN THE MAKING

fireplace fillers

In balmy weather, the thought of an open window is so refreshing. Cool off your fireplace with this collection of painted shutters and houseplants. Assembly is a breeze!



WINDOW ESCAPE

Seven mismatched shutters build strong impact into this fireplace view. The trick? Use an odd number of shutters, each a different height, width, and color, for a dynamic grouping. The variations of proportion and color will interest the eye longer than a staid lineup of identical shutters.

To make this energizing display, gather old or new shutters from attics, garage sales, and lumber stores. Paint each shutter with a single coat of paint and let dry. Stop there, or create an aged, crackled finish. Mix two parts hide glue with one part water in a disposable container. Paint each shutter with a second coat of paint, but *before the paint dries*, apply the glue mixture over the area you want crackled, using a nylon brush and long, even strokes. The paint will begin to crackle in 20 to 30 seconds. Immediately rinse the brush in tepid water until clean. Let the glue dry. Distress the shutters, if desired, by making random holes with nails or an ice pick.

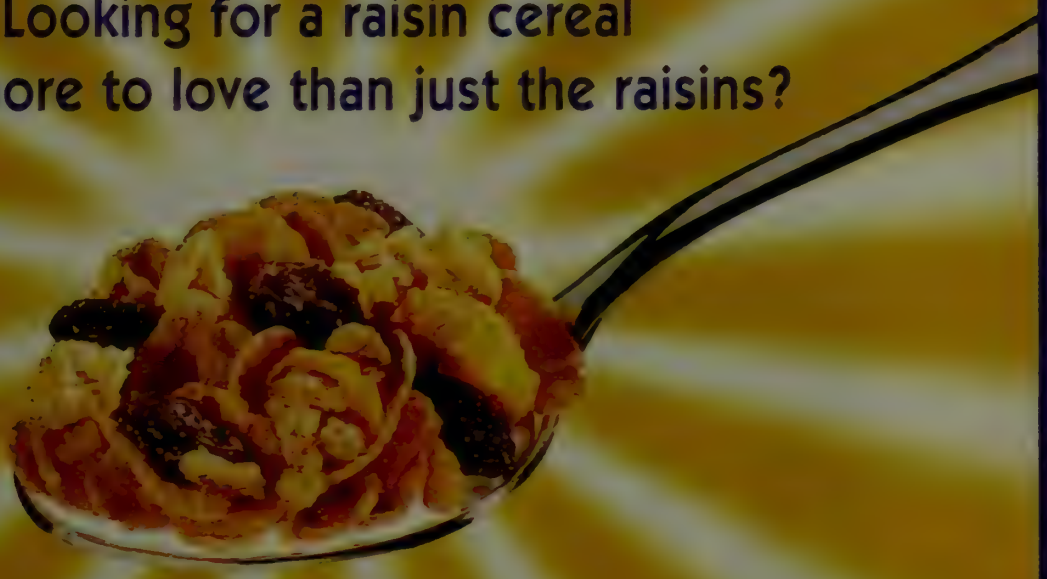
Connect the shutters with hinges.

continued on page 20

NEW!

Post Golden Raisin Crisp™ CEREAL

Looking for a raisin cereal
with more to love than just the raisins?



Well, go get your spoon.



NEW Post GOLDEN RAISIN CRISP. If you love raisin cereals, you probably love the raisins a lot more than the cereal. Now there's Golden Raisin Crisp. Golden toasted flakes and delicious honey-roasted oat clusters, mixed with the sweetest raisins for bite after bite of pure great taste. Finally a raisin cereal you're really going to love.



© 1995 Kraft Foods, Inc.

STYLE IN THE MAKING

fireplace fillers

Plant a sunny garden retreat indoors. Prop your fireplace with whitewashed benches and pots of ivy, then fit it with an ivy-covered trellis you make yourself.



RIBBON-WEAVE TRELLIS

Give your fireplace summertime emphasis by contrasting its rough brick texture with smooth, shiny ribbons. Then, twine the arrangement together naturally with easygoing ivy.

Cut a ¾-inch particleboard to fit just inside your fireplace opening. Glue a trellis-style, ivy or floral patterned wall covering to the front of the panel. With green satin ribbon, form a lattice design on the front of the panel. Stretch lengths of ribbon diagonally across the panel, keeping them parallel to one another and working from the lower left to the upper right; secure the ends on the back side of the board with a staple gun. Next, stretch ribbon lengths across the panel in the opposite direction, weaving these ribbons over and under the first set of ribbons; pull the ribbons taut and staple in place. Spot glue and staple white nylon upholstery cording around the outer edge of the panel.

Slip finished panel inside the fireplace opening, placing it against andirons for extra support.

continued on page 22

A Powerful New World of Cleaning and Caring.



Now Eureka® WORLD VAC® delivers hot looks, hotter performance: both Uprights *and* Home Cleaning Systems™ with a sensational *12 amps!*

World-class features:

- On-board tools included for easy above-**the-floor** cleaning.



- **Hose is** permanently attached for automatic conversion to above-the-floor cleaning.
- Superb Eureka Filteraire® bag system retains up to 99.9% of particles—all the way down to 1-micron in size—reducing many allergens in the home.

Eureka helping our world. The Eureka Company will contribute a portion of the purchase price of each World VAC® sold in the United States to the National Park Foundation for preservation of national parks.* Eureka has a similar program in Canada.

Call 1-800-282-2886 for the name of your nearest Eureka dealer.

World-Class Floor Care From The People Who Care About Your World™

EUREKA®

VACUUM CLEANERS

*Void where prohibited.

fireplace fillers

For a fireplace inclined to illusions of grandeur, this glorious screen will do superbly. It's really a poster cover-up. But, let the poster elements slip into reality and the picture comes to life.



FRUIT-TREE FANTASY

A fool-the-eye design is a surefire attention getter for any fireplace focal point. Three-dimensional objects, marching into the room, add depth and intrigue as they repeat the objects on a poster that fills the firebox opening.

First, find a poster that fits your fireplace. You can order the poster *above*, or shop at art and framing stores for one with a garden motif that better suits your decor and fireplace shape. You may need to purchase more than one poster. We used two posters for this screen: One is mounted in the center of the screen; marble portions cut away from the second poster fill out the sides.

Once you've planned the arrangement, take the materials to a framer and have them dry-mounted. Cut the screen to fit snugly inside the opening of your fireplace. Stand the poster in place, bracing it against andirons for additional support, if necessary. Then, position repeating three-dimensional objects in front of it.

For buying information, see page 26

"Why run for the border?"

st walk into a Wendy's for our Taco Salad. We take our rich, meaty chili and combine it with fresh lettuce, tomatoes, shredded cheese and tortilla chips. I think it's the best taco salad either side of the border."

Salads made fresh all day, every day.



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MENOPAUSE IS ONE REASON DOCTORS PRESCRIBE PREMARIN®

(conjugated estrogens tablets, USP)

OSTEOPOROSIS IS ANOTHER.

For more than 50 years, health care providers ve prescribed Premarin. In fact, today more than 00,000 American women take Premarin.

Many women know that Premarin may be pre- ibed for relief of many symptoms of menopause h as hot flashes, night sweats, and vaginal dryness. t there are also other important reasons doctors d health care providers prescribe Premarin. One those reasons is the prevention of osteoporosis for men at risk.

he connection between menopause d osteoporosis.

The brittle bone disease known as osteoporosis ects one out of every four women over 50. It usually gins after menopause, when a woman's body produces y little estrogen. Without estrogen, bones can be- me fragile, more likely to break.

It's important to speak to your health care provider out your risk for osteoporosis to see if Premarin is ht for you. It's important because, although you can't l yourself losing bone mass, half the bone mass a man will lose in her lifetime she'll lose in the first o 6 years after menopause begins. And once bone is t, it cannot be replaced.

What's more, the fractures that can result from s silent disease might not happen for many years. teoporosis will affect 25% of women over 50...at eat cost to their families, the health care system d, most importantly, their own lives. Of course, not all men are at risk for osteoporosis, so it's important to nsult your health care provider.

Estrogen replacement therapy like Premarin is nically proven to help prevent osteoporosis. It is en prescribed as part of a program that includes a lcium-rich diet and exercise.

remarin, a commitment to quality.

Premarin is a complex blend of estrogens manu- tured by a 125-step, 6-week process. Wyeth-Ayerst Laboratories, a world leader in women's health care, goes to great lengths to assure the quality of Premarin. Of the 30 billion Premarin tablets sold, not one has ever been recalled.

Side effects of estrogen should be considered.

There can be side effects with estrogen. One is the possibility of developing cancer of the uterus. Be sure to discuss this with your health care provider. If you've had a hysterectomy, you don't have this risk.

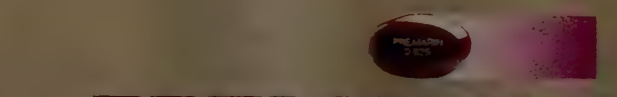
When you ask your doctor whether you're at risk for osteoporosis, it's also important to inform him or her about all issues relating to your personal health and family health history. This history should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

Ask your health care provider about Premarin.

Premarin offers a combination of excellent quality and 50-year heritage...all for only about 40 cents per day. Ask your doctor or health care provider about Premarin.

Premarin, earning your confidence generation after generation.



PREMARIN®

(conjugated estrogens tablets, USP)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please see the important information accompanying this advertisement.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets, USP
This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS
Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina).

To treat certain cancers

WHEN ESTROGENS SHOULD NOT BE USED
Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS
Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS
In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE
If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the most current Premarin Tablets Direction Circular, CI 3908-7, Revised October 20, 1994.

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WAPR-0404

World Leadership in Women's Health Care.®

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Philadelphia, PA 19101

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SHOPPING

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

STYLE IN THE MAKING—FIREPLACE FILLERS

Page 16: Moravian star kits—T. Bagge Merchants, 626 S. Main St., Winston-Salem, NC 27101; 910/721-7387.

Page 22: poster, "Apricot" by Takata—The Art Store, 800/652-2225.

BEDROOM MAKEOVERS

Page 32: checked pillow fabric, "Gingham" (Chambray); **square floral pillow fabric on bed and armchair,** "Tulips" (Multi Chambray); **striped pillow fabrics,** "Sultan Stripe" (Sapphire/White); "Mallory Stripe" (Chambray); **ruffled floral sham, valance, and vanity skirt fabric,** "Quartet Floral" (Sapphire); **ruffled pillow fabric on chair,** "Henrietta" (Sapphire); **plaid sham and pillow fabric,** "Canasta Check" (Sapphire); **quilt,** "Quartet Patchwork"; **checked throw on vanity chair,** "Gingham Blanket" (Chambray)—Laura Ashley, 800/367-2000.

Page 34 (*top and bottom left*): ruffled floral sham, valance, and vanity skirt fabric, "Quartet Floral" (Sapphire); **checked throw on vanity chair,** "Gingham Blanket" (Chambray); **lace curtain fabric,** "Ribbons & Bows" (Ivory); **striped pillow fabrics,** "Sultan Stripe" (Sapphire/White); "Mallory Stripe" (Chambray)—Laura Ashley, 800/367-2000. (***Top right*): armchair slipcover fabric,** "Quartet Floral" (Sapphire); **plaid pillow fabric,** "Canasta Check" (Sapphire)—Laura Ashley, 800/367-2000.

Page 36: wall covering border, coverlet, and ruffled shams, "Winter Lily" (Rose); **wall covering,** "Chawton" (Pale Cowslip); **plaid pillow fabric,** "Canasta Check" (Cowslip); **floral striped pillow fabric,** "Isabelle" (Cowslip); yellow quilt, "Confetti Patchwork" (Cowslip)—Laura Ashley, 800/367-2000.

Page 38 (*left*): chair slipcover fabric, "Winter Lily" (Rose); **pillow fabric on chair,** "Gainsborough" (Old Rose); **throw on chair,** "Herringbone Blanket" (Heath Green); **wall covering border,** "Winter Lily" (Rose); **wall covering,** "Chawton" (Cowslip)—Laura Ashley, 800/367-2000. (***Right*): floral striped pillow fabric,** "Isabelle" (Cowslip); **plaid pillow fabric,** "Canasta Check" (Cowslip)—Laura Ashley, 800/367-2000.

ADVERTISEMENT

Atlanta Housewife Investigated And Almost Arrested For Losing 73 Pounds

By Kathleen Ann Maldoney

Did you ever notice that when you're fat, people actually stare at you while you eat. It's as if they want to tap you on the shoulder and say, "If you wouldn't eat that stuff, you wouldn't be so fat!"

Hello. My name is Kate Maldoney. You don't know me from Adam. But I'm a real person. I live near Sandy Springs, Georgia. And, up until two years ago, I was the fat lady that everyone was staring at.

I was too tired to go out with my friends at night. I was even embarrassed to go out on weekends by myself. I waddled when I walked. I sweat when I ate. I wore anything loose that would hang straight down and wouldn't cling. I couldn't even cross my legs. I wasn't just "overweight." I was fat. I was 5'4" and weighed 202 pounds.

I went to my doctor for help. But I wasn't optimistic. During the past seven years I had tried 16 *different* diets. One by one. And I failed at all of them.

My doctor listened to me very carefully and then recommended an entirely different program. This wasn't a "diet." It was a unique new weight-loss program researched by a team of bariatric physicians — specialists who treat the severely obese. The program itself was developed by Dr. James Cooper of Atlanta, Georgia.

I started the program on May 17th. Within the first four days, I only lost three pounds. So I was disappointed. But during the three weeks that followed, my weight began to drop. Rapidly. Within the next 196 days, I went from 202 pounds to 129 pounds.

The reason the program worked was simple: I was *always* eating.

I could eat *six times every day*. So I never felt deprived. Never hungry. I could snack in the afternoon. Snack before dinner. I could even snack at night while I was watching TV.

How can you eat so much and still lose weight?

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat in each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates, and certain proteins that generate a calorie-burning process that continues all day long ... a complete 24-hour fat-reduction cycle.

Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No weird stuff. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Lots of snacks.

This new program must be the best kept secret in America. Because, up until now, it's *only been available to doctors*. No one else. In fact, the Clinic-30 Program has been used by 142 doctors in the U.S. and Canada to treat more than 9,820 patients. So it's doctor-tested. And proven. This is the first time it's been available to the public.

There are other benefits too ...

- There are no amphetamines. No drugs of any kind.
- No pills. No powders. No chalky-tasting drinks to mix. Everything's at your local supermarket. No special foods to buy.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- It's low in sodium, so you don't hold water.
- You eat the foods you really enjoy. Great variety. Great taste.
- You can dine out.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you can keep it off. Permanently! Because you're not hungry all the time.

Let's face it. We all have "eating lifestyles." Our eating habits usually include three meals a day. Plus two or three snacks. We all love snacks. Especially at night.

But most diets force us to change all that.

And that's why they fail!

The Clinic-30 Program lets you *continue your normal eating lifestyle*. You can eat six times a day. You can snack when you wish. So, when you lose the weight, you can keep it off. For good. Because no one's forcing you to change.

Here are some other patients from Georgia who entered Dr. Cooper's Clinic-30 Program with me ...

• Reverend Donald F. is a 42-year-old minister who went from 227 to 179 in just four months.

"In spite of church suppers, I've lost almost 50 pounds in four months and I'm not having a rebound gain."

• Renate M. was a G.I. bride from Germany who went from 212 to 140.2 in 8½ months.

"I believe I was a participant in every weight-reducing plan there ever was. Then, about two years ago, I started the Clinic-30 Program. And I haven't regained a pound."

And then there's me. About 4 months ago I was stopped by a policeman for not using my turning signal. When he looked at my driver's license he claimed it wasn't mine. He said it had someone else's picture on it.

After he called for a computer check, he came back to the car smiling. "You must have lost a lot of weight. This picture doesn't even look like you." I agreed. In a way, it was one of the nicest "warnings" I'd ever received.

Obviously, I'm excited about the program. This is the first time it's been available outside of a clinical setting. Dr. Cooper has asked Green Tree Press, Inc. to distribute it.

We'll be happy to send you the program to examine for 31 days. Show it to your doctor. Try it. There's *no obligation*. In fact, your check won't be cashed for 31 days. You may even postdate it 31 days in advance if you wish.

Choose a day and start the program. If you don't begin losing weight within five days — and continue losing weight — we'll promptly return your *original uncashed check*. No delays. No excuses.

Or keep it longer. Try it for six months. Even then, if you're not continuing to lose weight on a regular basis, you'll receive a full refund. Promptly. And without question. This is the fairest way we know to prove to you how well this new program works.

To order, just send your name, address and postdated check for $12.95 (plus $3.00 shipping/handling) to The Clinic-30 Program, c/o Green Tree Press, Inc., Dept. 840, 3603 West 12th Street, Erie, PA 16505.

AN IMPORTANT REMINDER

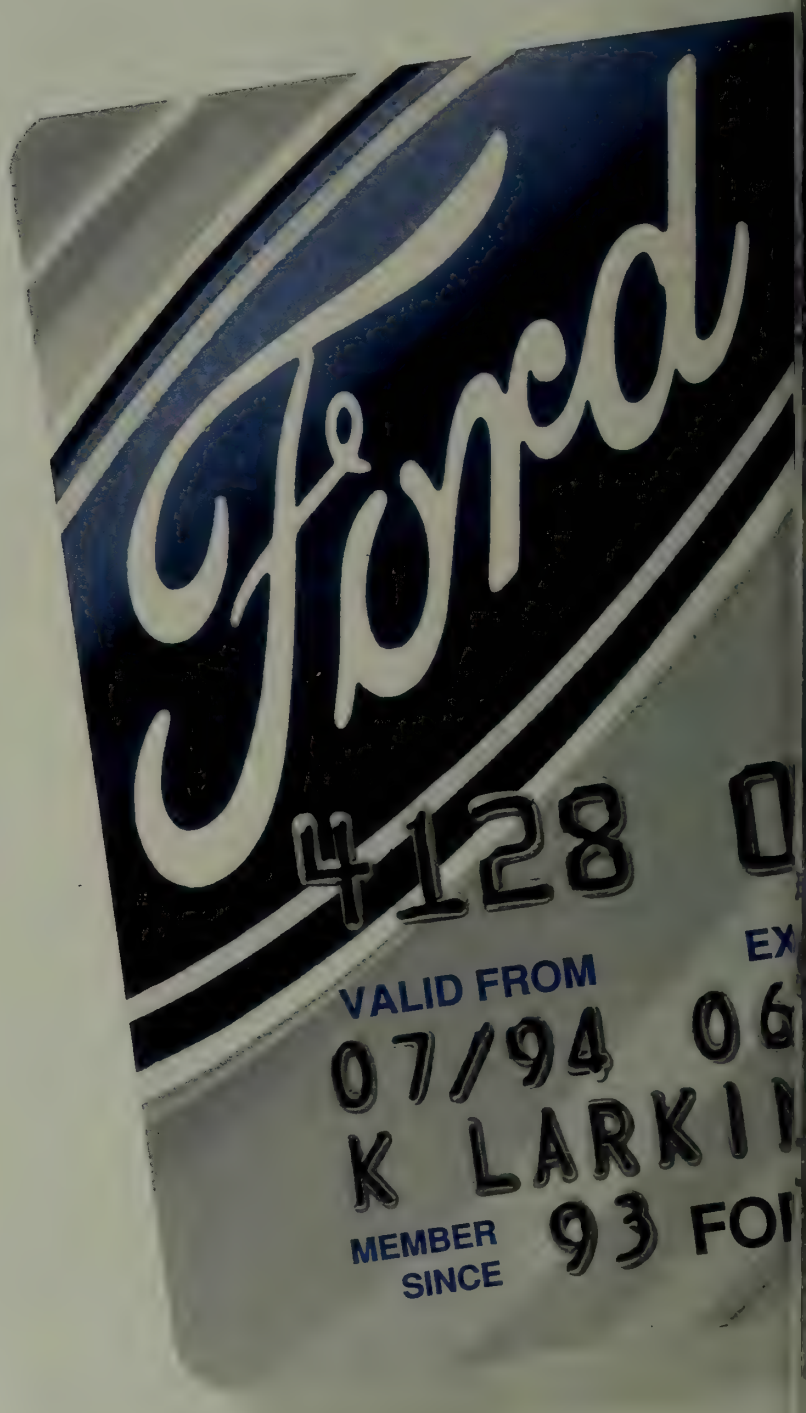
As your weight begins to drop, do not allow yourself to become too thin.

It's also very important to consult your physician before commencing any weight-loss program. Show him this program. And be sure to see him periodically if you intend to take off large amounts of weight.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Bank and business references are available upon request.

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he new No-Fee Ford Citibank Card. Because with every purchase, you earn a whopping 5% in Ford Rebates your best deal. That can really knock down your monthly car payment. And no other card gives you the 0 over 5 consecutive years. Details provided upon cardmembership.

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Peerless Daytona 500 Official Rules:

NO PURCHASE NECESSARY. To enter, simply write Peerless on a postcard or paper and mail it along with your name and address to: PEERLESS DAYTONA 500 SWEEPSTAKES, P.O. BOX 9351, DES MOINES, IOWA 50306. Sweepstakes begins May 7, 1995. Enter as often as you wish, but each entry must be mailed separately and received by August 4, 1995. Not responsible for lost, late or misdirected entries. Sweepstakes open to U.S. residents 18 years or older, except employees of Peerless Faucet, Henderson Advertising, Meredith Corporation or Country America Corporation. Entry constitutes permission to winners' name, hometown, photo or likeness by sponsors except where prohibited by law. Grand prize (1): Trip for two to the Daytona 500 in 1996. Trip includes roundtrip airfare for two from the nearest regional airport to Daytona Beach, Florida; three days/two nights hotel stay (one room) in the area. Approximate retail value: $2,100. First prize (10): Set of 12 compact discs featuring country music artists. Approximate retail value. $1,320. Local transportation and meals are the responsibility of the winner. Trip subject to availability and confirmation of reservations and must be taken during the Daytona 500 in 1996. Winners will be selected from random drawing on or about August 11, 1995 from among all entries received. Judging will be conducted by Devan Direct Marketing, Inc. whose decisions are final. Odds of winning depend on the number of entries received. Grand prize winner will be required to sign an affidavit of eligibility and liability release within 14 days of notification or alternate winner may be chosen. Travel companion will be required to execute a liability release. Prizes are non-transferable and no substitution is allowed. Taxes, if any are the responsibility of the winners. Sweepstakes is subject to all federal, state and local laws and regulations. Void where prohibited. For list of prize winners SASE to the address noted above.

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family network®

READERS' SOLUTIONS

LEARN GEOGRAPHY WHILE PLANNING TRIP

We use our atlas to pick potential vacation spots, and then write for information from each city's Chamber of Commerce. Next, we respond to ads for vacation spots. As the information arrives, we catalog it on our computer, listing rental prices, sights to see, and other topics. We plan our vacation, whether we take it or not. The kids love it: They receive mail and learn geography.

Tammy Allgaier
Marion, Ill.

5, 4, 3, 2,...

Many parents tell children they have until the count of 10 to do something. As a teacher, I have found a method that works better: count backward. This lets children see an ending point—zero. When you count up, kids often forget which number you're counting to.

Annie Andrews
Rapid City, S.D.

BUDGET VACATION WITH BABYSITTER

My husband and I wanted to take our 2-year-old on an inexpensive family vacation. We were looking for family fun, yet we treasure our "grown-up" time, too. We have rounded up two other couples (each with a child under 5) and have rented a large beach house on the Oregon coast. We also have recruited a teen-age neighbor as our live-in babysitter. The whole week's vacation, including sitter, should be under $500 a family.

Shauna Thompson
Vancouver, Wash.

GETTING TO KNOW YOU

At a recent family reunion, I organized a mixer for all ages—a new twist on the treasure hunt. Instead of hiding candy, suckers, and gum, I gave the treasures to the oldest folks. The children had to ask their elders for the prizes. The little ones got to know all the grandparents and great-grandparents in the extended family.

Pearl D. Miller
Leesport, Pa.

LATE NIGHT ONE-ON-ONE TIME

When my three daughters were small, it was difficult to find time alone with each child. They always were vying for my attention and seemed to crave one-on-one time. I decided to allow each girl to stay up one hour past her usual bedtime one night a week. The child whose night it was to stay up had my husband's and my undivided attention during that hour. If the other two girls didn't remain in bed or interrupted her special time, they would lose their late night that week.

Jean Bole
Crete, Ill.

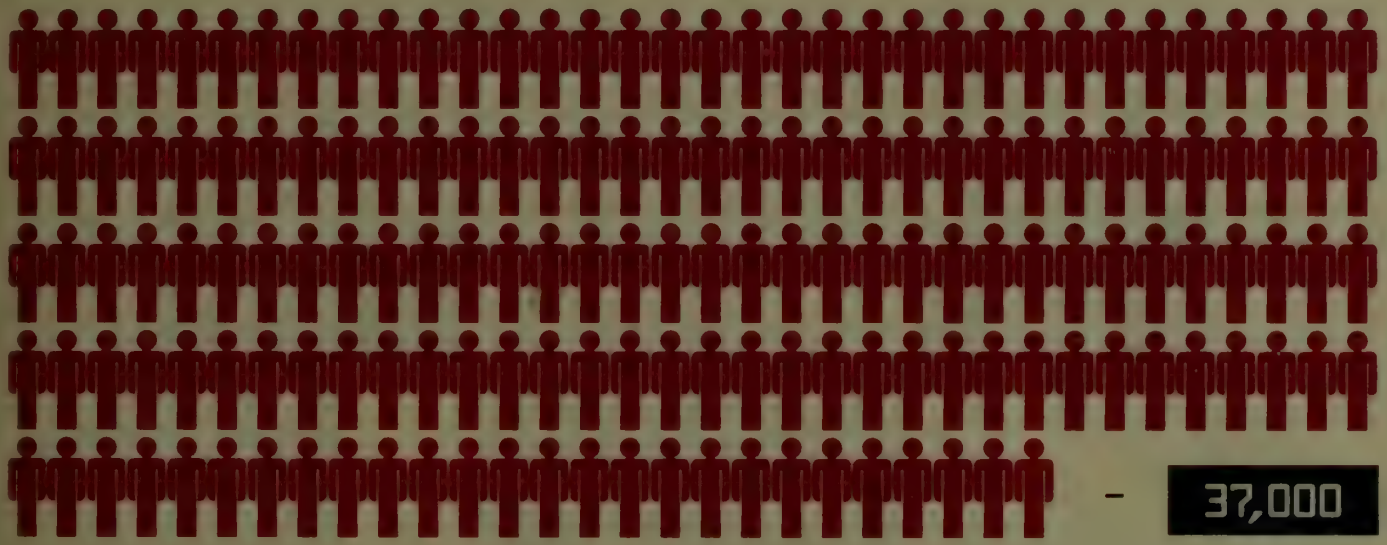
WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each idea published if you include your Social Security number.

Number of people burned last year in a forest fire:



Number of people burned last year in the shower:



Source: U.S. Department of Agriculture (Forest Services), The Shriner's Burn Institute. ©1995 Masco Corporation of Indiana.



It's hard to believe that more people could actually get burned by water than fire. But that's why Peerless created the Scald Guard® faucet. It has a special valve that senses when a water surge is occurring and immediately adjusts the pressure, maintaining an even distribution of hot and cold water. Even if a toilet is flushed. It's just another way Peerless solves problems for you. For more information on this or any other Peerless faucet, call us at 1-800-GET-MORE.

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Does your bedroom put you to sleep...before bedtime? Time to wake up your style! These rooms sound the reveille with color, fabric, and a few special high notes.

Though it sings the blues, this St. Louis bedroom has an upbeat attitude. Homeowner Mary Curotto picked up the tempo with a medley of old and new fabrics that lift the room's spirits with bright blooms and snappy checks.

Accessories discovered in flea markets—even forgotten drawers—also parade through, adding their own lively beat. It's the layering of these elements that makes the room sing, just as instruments marry to make the tune.

PHOTOGRAPHS: BARBARA MARTIN. DESIGN: NANCY ETLING/LAURA ASHLEY. REGIONAL EDITOR: MARY ANNE THOMSON. BUYING INFORMATION, PAGE 26

BEDROOM makeovers

by Sandra S. Soria



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Mary enlisted the help of an in-store designer to work fabric magic, such as transforming an awkward dormer into a cozy alcove. To turn plain panes into a pretty place, simply slip a dressed-up desk or vanity under a window graced with lace and crowned with a matching valance.



Rescued from the basement and dressed in a charming print, a wing chair is pulled into tea service next to another adopted piece: an octagonal bamboo table whose flaws have been masked with paint and fabric. Good lines and sturdiness let you know whether a piece is worth saving.



Set against the twilight calm of sapphire walls, fabrics that share a vintage mood and soft hues become the stars when stitched into slipcovers, ruffly skirts, and plump pillows.



Mounted inside so as not to mask the window architecture, this valance gains prominence from a rod and piping fluffed with fiberfill. Lace softens both the light and the view, and links the topper with furniture below so that the elements flow into one eye-catching unit.



Don't underestimate the power of accessories for giving a plain room a sparkling personality. The bedroom is a great place to let your walls and surfaces reflect who you are by displaying favorite collectibles such as this expressive needlework. Display objects of good size for impact.

BEDROOM

makeovers

Is your flea control this easy?



Introducing PROGRAM®(lufenuron), the first once-a-month flea control tablet for dogs. PROGRAM is a different kind of flea control. It's safe, easy to use, and it really works. Just once a month at mealtime to control fleas. What could be easier?

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Summary: Please consult full package insert for more information. **Indications**: PROGRAM tablets are indicated for use in dogs six weeks of age and older for the prevention and control of flea populations. **Caution**: Federal law restricts this drug to use by or on the order of a licensed veterinarian. **How Supplied:** PROGRAM is available in four tablet sizes 45.0 mg (brown), 90.8mg (red), 204.9mg (yellow) and 409.8mg (white). Formulated and color-coded according to the weight of the dog. Each tablet size is available in color coded packages of six tablets each. **Storage Conditions**: PROGRAM tablets should be stored at room temperature between 59°F and 86°F (15°-30°C). © 1995 Ciba-Geigy Corporation. PROGRAM is a trademark of the Ciba-Geigy Corporation.

makeovers



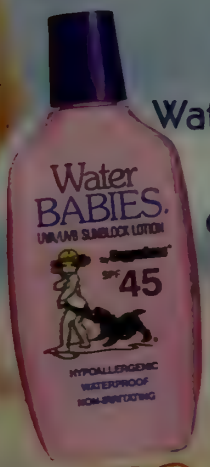


Awaken a room with the warmth of a summer sunrise—no matter what the time or season—using golden rays of yellow and lushly sown accents.

Just as ivy can get carried away on a house's facade, a busy floral wall covering can mask the attributes of a bedroom—or any room. By thinning the blooms to a rose border and coupling it with a wall covering of subtle stripes, Mary lets her walls visually point the way to the soft curve of a dormer and the charm of a tongue-and-groove closet. The walls are also a more gracious backdrop for personality-plus furniture and a cozy layering of fabrics and accessories that would have gotten lost in the crowd of pattern.

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Coppertone. We've Got Kids Covered.

Architectural add-ons can give any boxy room a storybook ending. A salvaged freestanding mantel radiates luxurious warmth, even if it only blazes with bright blooms. Near it, an old trellis gives a tough-to-decorate dormer the romance of a vintage potter's shed.

Think beyond bureaus and dressers to give a room a new sense of itself. Painted a friendly white, this corner china cupboard offers the elegant curves of its open pediment top, plus graceful height and open shelves used to show off Mary's beloved collection of shapely McCoy pottery.





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SOFT SCRUB with Bleach. SMART SCRUB with Bleach. After rinsing for 3 seconds.



Smart Enough To Clean Up After Itself.

Like a garden that gets fuller and brighter with each new season, the best bedrooms look as if lovingly tended over time, with mismatched prints and gathered furnishings.



Life's simple pleasures are best for turning a flat room into a rich landscape that lures the eye. Needle art, old photos, and garden treasures are a few of Mary's favorite things, so she gathers them on the mantel in varying heights and shapes, then links them with flowing lace.



Join walls and furniture into one riveting scene for focal-point drama. For cohesiveness, hang objects within six inches of furniture and let a tabletop item slightly overlap the art. Use similar subjects—here collectible cottage embroidery—above and below to build more closeness.

Raising Good Citizens



Many parents hope their kids will learn to be good citizens when they go to school; others believe that signing them up for a Scouts program will do the trick. What many parents don't realize is that good character is learned in the home.

The "3 Rs" of good citizenship—Respect, Responsibility, and Resourcefulness—are the bedrock of good character. A solid moral and ethical foundation supports the development of compassion, integrity, commitment, selflessness, and all of the other attributes that constitute the "good neighbor."

THE "3 Rs" OF GOOD CITIZENSHIP: RESPECT, RESPONSIBILITY, AND RESOURCEFULNESS

Teaching Respect: Respect for others is the linchpin of good citizenship. Instilling a respectful attitude in a child requires that discipline, when necessary, be delivered resolutely, yet calmly; that the child's point of view be taken into account when making family decisions; and that parents' actions be consistent with their words. These actions simply provide what has been called a child's first right—good government.

Teaching Responsibility: A community cannot thrive without citizens who are willing to ask—paraphrasing President John F. Kennedy—not what the community can do for them, but what they can do for the community. Children acquire this sense of social responsibility if they are not overindulged and if they are consistently expected to contribute to their families. Overindulged children never really learn that it's better to give than to receive. Children who aren't expected to perform daily chores are in danger of believing it's possible to get something for nothing. Unfortunately, children who don't do chores are usually also overindulged, and vice versa. This combination is devastating to a child's healthy character development.

When it comes to giving to children, parents should be conservative. Hearing the word "no" on a regular basis helps children learn to postpone gratification, tolerate frustration, and set long-term goals—all necessary attributes of good citizenship.

By age four, a child should be performing household chores on a daily basis. As the child grows, those responsibilities should increase so that by the early teen years the child is capable of carrying out just about any task. The more productive a child is within the family, the more productive a citizen the child will become.

Teaching Resourcefulness: This third "R" of good citizenship involves learning to tough it out when it comes to challenge. It was this frontier spirit that made America great, and it is just as important today as 100 years ago.

Parents can help children develop an "I can!" attitude by setting reasonably high goals and then providing the support and encouragement needed to reach those goals.

A second aspect of resourcefulness is imagination. The more opportunities a child has for creative play, the stronger the child's imagination becomes. Parents need to provide plenty of opportunities for free play, and also see to it that the benefits are not canceled out by an excess of television watching, which is an inert and passive activity and does not encourage creativity.

Remember, children don't learn good citizenship skills from babysitters, electronic or otherwise, but from their parents.

Family psychologist John Rosemond's latest book, "To Spank or Not to Spank," has recently been published by Andrews and McMeel.

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THE HISTAMINE BLOCKER

For Kids

 by Terri Peterson Smith

She's Got Rhythm

Directing Your Child's Musical Talents



SUSAN LEVAN

Watch any child banging pans and bottles, singing to herself, or jammin' on air guitar—and you'll see that kids are natural musicians. But harnessing all that creative energy into formal music lessons requires an investment of time, money, and enthusiasm from the entire family.

The payoff is usually worth it. Research shows that playing music develops a sense of rhythm and coordination, and also cultivates many of the basic concepts necessary for mathematical understanding. One much-publicized study found that just listening to Mozart raised IQ scores. This "Mozart effect" may last only about ten minutes, but other benefits of music last a lifetime.

Start early. "Music education should start in infancy," says Naomi Haugen, head of Early Childhood Arts at MacPhail Center for the Arts in Minneapolis. Parents should sing, dance, and do rhythmic games with children from the earliest ages.

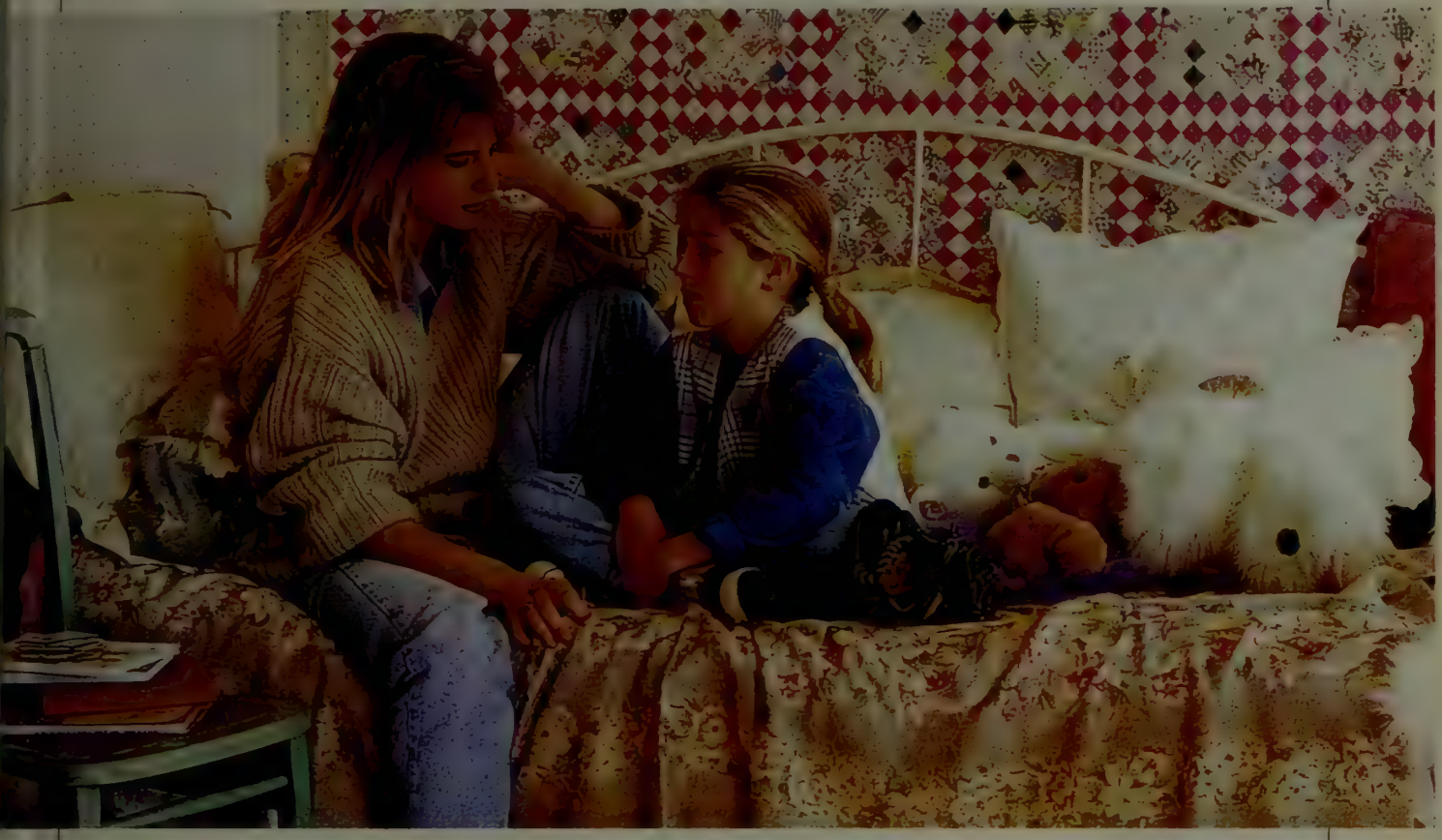
Learning to play an instrument without exposure to music would be like learning to speak a language without ever hearing it. Listen to music with your child and talk about it. Public libraries provide a great music resource. One good recording for beginners is Benjamin Britten's "Young Person's Guide to the Orchestra." You'll hear an entire orchestra, each instrument family, and each instrument individually.

Expose children to a variety of musical experiences including high school band concerts, church concerts, older children's recitals, or even street-corner musicians. Building music into family life sets the stage for learning to play an instrument. It can also keep young musicians interested when sports and social activities beckon.

There's no hard-and-fast rule on when to begin formal music lessons. Some programs, such as the Suzuki method, start teaching children as

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NOW MIGHT BE A GOOD TIME TO BRING UP A DELICATE SUBJECT. DRINKING.



The subject may come up in a moment of shared intimacy, during quiet time before bed, when she's talking about her day at school or perhaps while you're discussing a family outing or event. She may ask. Or you may bring it up.

It might seem that nine or ten is very young to talk with a child about a subject as grown-up as drinking. But experts say that this is a time when she's probably forming her ideas about many adult things, alcohol among them. It's also a time when she may be most open to your loving guidance.

But what do you say? Many of us at Anheuser-Busch are parents, so we know just how hard it can be. And we know that too often, not knowing what to say can lead to saying nothing at all.

That's why we've created "Family Talk About Drinking." "Family Talk" features two informative guides written by prominent authorities on child development, family counseling and alcohol treatment.

The guides discuss a number of subjects, among them how to talk with younger children, recognizing teenage drinking problems and addressing the issue of drinking and driving. Call 1-800-359-TALK for a free copy.

Because you want to take care of her for as long as you can. And one of the best ways to do that is to share the knowledge that will help her take care of herself.

LET'S STOP UNDERAGE DRINKING BEFORE IT STARTS.

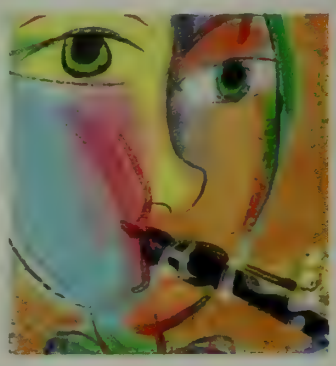
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She's Got Rhythm

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young as 3 years old to play instruments. More traditional study often begins around age 5 or 6. This age correlates with the beginning of symbolic understanding, reading ability, and more mature eye/hand coordination. Much depends on when the child wants to begin. But it's never too late, even for adults.



"GIVE THEM A LIMITED RANGE OF CHOICES, OR THEY'LL GO FOR THE DRUMS EVERY TIME."

Choose an instrument. While the piano is the most common instrument, don't assume it's the only place to start. Nor should you pull your great-uncle Ned's cavalry trumpet or Dad's beat-up saxophone out of the attic and expect your child to play it. Marilyn O'Boyle, director of the Suzuki program at MacPhail Center, believes children should have a say both in the decision to take lessons and in choosing the instrument. "But give them a limited range of choices," she says, "or they'll go for the drums every time."

O'Boyle also suggests that families with more than one young musician guide each to a different instrument to eliminate sibling rivalry and to create a home ensemble.

Find the best teacher. A music teacher may be the only other adult outside your family with whom your child will have a one-on-one musical experience. Yet some parents spend more time choosing a washing machine than a music teacher.

Begin your search with recommendations from music schools, colleges, and music stores. Consult music teachers at your child's school. Community orchestra members often give lessons. Sometimes, the best sources are friends and relatives.

Remember, anyone can hang out their shingle as a music teacher. As many as 73 percent of private music teachers aren't affiliated with any professional organization, so choose carefully and consider these areas.

Credentials: A helpful guide is the Directory of Nationally Certified Teachers of Music, available free from the Music Teachers National Association, 441 Vine Street, Suite 505, Cincinnati, OH 45202. Since not all qualified teachers are certified, there are other things you might look for: Does the teacher have a music degree? Is he an excellent musician? Does she understand the learning process?

Personality: Even the most qualified teacher may not match your child's personality. Interview the teacher, observe a lesson, check references. Does he seem comfortable with children and use age-appropriate language? Does she demonstrate a low-key attitude or expect an instant Isaac Stern? Are practice goals realistic? Does he praise and motivate children, and show an infectious enthusiasm for music? Above all, does your child seem to like this person?

Method: Philosophies abound on the best way to teach children music. Suzuki teachers emphasize learning music as a "mother tongue" with lots of listening and heavy parent involvement. Yamaha schools offer lessons in a group setting. Many parents opt for "traditional" instructors, those who teach one-on-one using their own curriculum. Families must do a little research to see what method best suits their needs.

Curriculum: Lessons should include study in music theory, technique, sight-reading, and improvisation.

Music variety: According to piano teacher Virginia Hawley Buhn, of Eugene, Oregon, most teachers employ classical music as the basis for instruction. "But they often also incorporate what I call social music," says Buhn. If a student occasionally prefers to play the theme from "Jurassic Park" rather than Haydn, so be it. Conversely, avoid the teacher who uses only music from Disney movies.

Recital opportunities: Performing for others gives young musicians a chance to shine and helps set goals.

Convenience: It shouldn't be a hassle to get to lessons or create a time crunch. Some teachers will give lessons in your home. If you begrudge giving up your Saturday morning, lessons at that time are destined for failure.

Avoid sour notes. If anything makes young musicians sing the blues, it's practicing. Still, practice makes progress. Teachers recommend establishing a regular practice schedule, one that avoids dreary near-bedtime sessions when kids are too tired. If necessary, break up practice into, for example, two 15-minute sessions each day.

At some point, almost all children lose a bit of their enthusiasm for music lessons, especially when the teen years hit. The solution: mix it up. Change days, teachers, methods, music schools. Ask the teacher to integrate jazz or composition into lessons. Switch instruments. Find new places to perform.

Mentors help, too. Introduce your reluctant son to a "cool" older guy who plays both hockey and the clarinet. Help your child find an ensemble to play in; this will make playing music a social activity. Finally, don't force children to continue with lessons if they just don't want to.

Ultimately, parents must play backup for their young musicians, blending the roles of adoring fan, "roadie," and impresario. It's a sacrifice, but usually a good gig.

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Energy Boosters

High-octane tips for your diet



You struggle out of bed in the morning, feel like a nap after lunch, and barely make it through the evening before falling into bed. In your quest for the "good life," do you feel just plain worn out? Don't blame your lack of oomph on your busy schedule. While fatigue is one of the most common health complaints, the answer to waning energy could be as simple as your diet.

THE CALORIE CRISIS

If your vim and vigor got up and went, the first place to check is your body's fuel tank. You don't expect your car to run on bad gas, so why assume that the much more complicated body can keep going on anything but a quality fuel mix? "The biggest mistake people make is they eat too little early in the day, start craving sweets by mid-afternoon, and end up eating anything in sight," says Nancy Clark, M.S., R.D., author of *Nancy Clark's Sports Nutrition Guidebook: Eating to Fuel Your Active Lifestyle.*

Any eating habit that interferes with a steady supply of carbohydrates to the body—from erratic eating habits to skipping meals—will undermine your energy level. Blood sugar levels begin to drop within four hours of eating, so frequent small meals and snacks, rather than two or three big meals, are your best bet for maintaining a constant energy supply and avoiding fatigue. Complex carbohydrates in foods such as breads, rice, pasta, potatoes, and beans are the fuels of choice, since these foods are digested gradually, maintain an even blood sugar level, and provide a constant energy supply for the body and the brain.

Dieting is a common nutritional reason for fatigue. "Cutting calories at breakfast and lunch to lose weight is likely to leave most people in an energy drain that interferes with their daily routine, exercise, or enjoyment of life," says Clark. For example, a 120-pound woman needs between 1,800 and 2,200 calories daily (men, teenagers, and larger or more active women need even more calories), but the average daily intake for young women in the United States is 1,667 calories (women over the age of 55 average only 1,360 calories a day).

Rather than drastically cut calories to maintain a desirable weight, people should increase exercise, which burns calories, helps boost energy levels, and decreases fatigue-related moods such as depression and despondency.

EXPERTS AGREE THAT THE RIGHT FOODS CAN FUEL YOUR BODY FOR MAXIMUM PERFORMANCE.

BREAKFAST PAYOFFS

Skipping breakfast is a big mistake. Eight or more hours have probably passed since your last meal. Demanding that your body shift into full gear without stopping to refuel is like expecting a car to run on an empty tank. You may at first feel fine, but people who skip breakfast struggle more with fatigue later in the day than do people who take time to eat. "Anyone who skips breakfast and eats a light lunch has suboptimal eating patterns," says Clark.

According to C. Wayne Calloway, M.D., associate clinical professor of medicine at George Washington University, "People who skip breakfast to save a few calories eat more food later in the day. They set up a 'night-eating syndrome' where once they start nibbling, they can't stop." In contrast, eating a sound breakfast boosts your energy for the rest of the day by breaking the fast-and-feast cycle.

continued on page 48



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Healthy Choice® Pasta Medley Salad

1 (8 oz.) package rotini
7 oz. Healthy Choice Low Fat Smoked Sausage, cut into ½ inch slices and halved
1 cup (4 oz.) Healthy Choice Fat Free Shredded Mozzarella Cheese
2 carrots, cut into strips (about 1 cup)
1 medium green bell pepper, cut into strips
12 cherry tomatoes, quartered
½ cup sliced ripe olives
1 (8 oz.) bottle fat free Italian dressing

Prepare rotini according to package directions; drain. Rinse with cold water; drain. Combine rotini with remaining ingredients; toss. Serve chilled.

10 (1 cup) servings. Per serving: Calories 148, Calories from Fat 9%, Total Fat 1.45 g, Cholesterol 10.6 mg, Sodium 557 mg, Carbohydrates 25.1 g, Protein 10.1 g.

HEALTHY CHOICE®

EAT *what you* LIKE™

Good Food/Good Health

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The breakfast rules are simple: limit caffeine, avoid sugar, and choose foods with a mix of protein and starch to maintain blood sugar and energy levels throughout the morning. Good choices include cooked egg or egg substitute, whole wheat toast, and juice; a whole grain bagel or English muffin with low-fat cheese and fruit; or a bowl of instant oatmeal, low-fat milk, and a banana. It's also okay to eat nontraditional foods, such as leftover pizza, toast and soup, or a sandwich. Other five-minute meals to consider include:

- toasted frozen whole wheat waffle topped with fat-free sour cream and berries.
- whole wheat tortilla filled with cottage cheese and fresh fruit, warmed in the microwave oven.
- low-fat bran muffin with applesauce and yogurt.



SMART SNACKS

- graham crackers and peanut butter with a glass of orange juice
- whole wheat fig bars with a glass of nonfat milk
- raisin bagel topped with fat-free cream cheese
- bran muffin spread with apple butter
- soft microwave pretzel with honey-mustard dip and a glass of vegetable juice cocktail
- pita bread stuffed with shredded jalapeño cheese and grated zucchini
- crepe filled with fat-free ricotta cheese and fresh fruit
- raisins, nuts, and a cup of nonfat yogurt

MIDDAY ENERGY BUILDERS

What and how much you eat at lunch can make or break your energy level for the rest of the day. First, keep it light (a light meal of 500 calories or less will fuel your energy without leaving you drowsy). On the other hand, a tossed salad and crackers might sound nutritious, but they can leave you short on energy. Make sure you add some kidney beans or turkey slices to the salad, go light on the high-fat dressing, and complement it with a glass of milk and a slice of whole wheat bread.

Second, keep lunch low in fat. Fatty meals will prime you for a nap rather than a get-things-done afternoon.

Third, combine protein- and carbohydrate-rich foods. An all-carbohydrate meal, such as pasta with marinara sauce, raises brain levels of a chemical called serotonin, which leaves you feeling relaxed and drowsy. In contrast, a turkey sandwich and a bowl of minestrone soup or a bean-cheese burrito with rice and carrots (the protein-carbohydrate combination) raises brain levels of a chemical called norepinephrine, which increases alertness and mental clarity.

IN-BETWEEN-MEAL BOOSTERS

Your body's high performance requires frequent stops for fuel and nutrients. That means eating a small meal or snack every three to four hours. Here are the five rules for energy-boosting snacks:

Rule 1: Keep it simple. A nutritious snack must be convenient, readily available, and taste great. See ideas, above.

Rule 2: Include at least one fruit, vegetable, or whole grain at every snack, plus one or more of the following: nuts and seeds; nonfat milk products, such as yogurt or cheese; cooked dry beans and peas; extra-lean meats.

Rule 3: Avoid high-sugar foods. While cookies, candy, colas, and other sugary treats are quick fixes for dwindling energy levels, the initial sugar high is a short-acting response, says Robin Kanarek, Ph.D., Professor of Psychology at Tufts University. "Sugar causes a release of insulin, which results in a rapid increase in sugar uptake and use within the cells. Once the sugar has been used, the person is left feeling tired," says Dr. Kanarek.

Instead, snack on bagels, fat-free crackers and cheese, fruit and cottage cheese, or low-fat chips and bean dip. "Our research shows that a snack in the late afternoon improves performance, especially on tasks that require sustained attention and alertness," says Dr. Kanarek.

One cup of coffee can give you a kick, but more than 3 cups and you're likely to spiral into needing more coffee to fend off fatigue from caffeine withdrawal. You're also more likely to sleep poorly and awake tired the next morning.

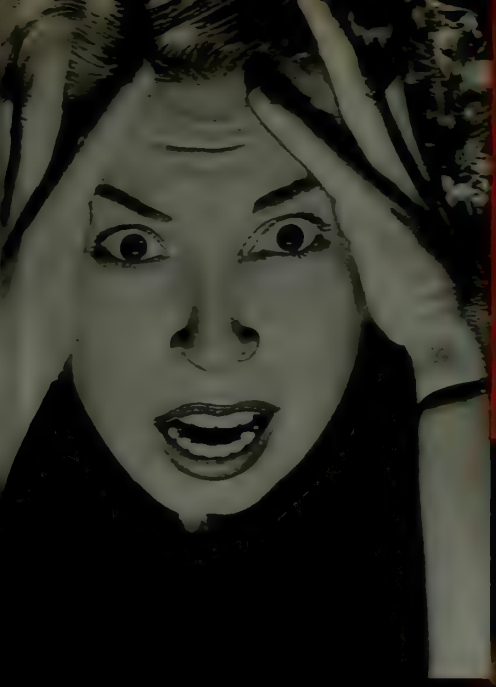
Rule 4: Be prepared. Pack your briefcase, glove compartment, desk drawer, and office refrigerator with fresh fruit, baby carrots, dried fruit, boxed juice, and yogurt. Eat a nutritious snack at the first signs of hunger; a starving body is likely to grab anything to curb the hunger pangs—too often that ends up being candy from the vending machine.

Rule 5: Drink water. A classic symptom of mild dehydration is fatigue, which often goes unnoticed since thirst is a poor indicator of fluid needs. Everyone should drink at least eight glasses of water each day; active people and people who drink coffee (which acts as a diuretic and aggravates dehydration) should drink more.

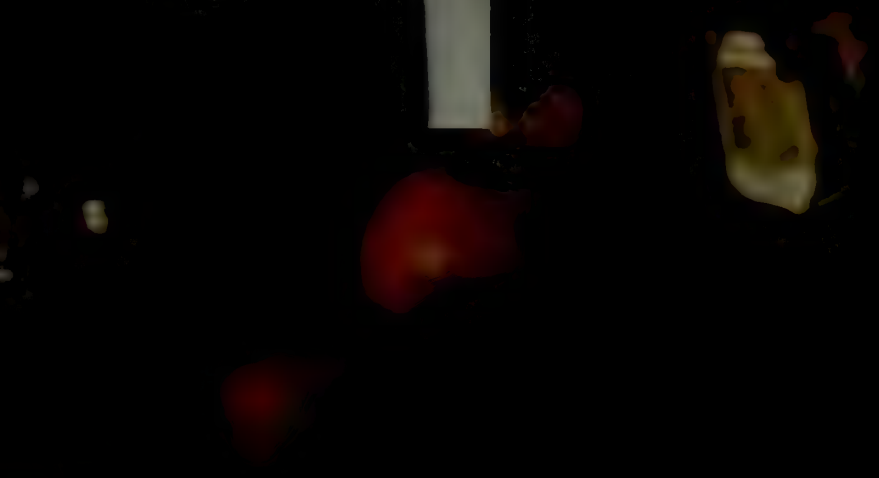
THE IRON CONNECTION

If your energy level is in perpetual low gear, your problem could be iron. While only 8 percent of women are anemic, as many as 80 percent of active women and up to 39 percent of premenopausal women are iron deficient, a pre-anemic condition that results in a host of energy-related problems. For women, a supplement (18 mg) and iron-rich foods will boost lagging iron stores. Seldom do men or postmenopausal women need an iron supplement.

—By Elizabeth Somer, M.A., R.D., author of Food & Mood (Henry Holt, 1995) and Nutrition for Women: The Complete Guide (Henry Holt, 1993).



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1/2 cup chopped green pepper
1/2 cup plain low-fat yogurt
2 to 3 oz. finely crumbled feta cheese
1/4 cup chopped cilantro
1/4 cup mayonnaise
1 clove garlic, minced
1/4 tsp. freshly ground black pepper
4 to 6 pita breads, cut in half

In large bowl, combine all ingredients except pita bread (or lettuce); mix well. Chill. Serve seafood mixture in pita bread halves or on lettuce leaves, as desired. For more recipes, call 1-800-522-1421.

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by Patricia Hittner

7 Cancer Fighters that *Really* Work

Every day, Sassona Norton battles the cancer she hopes she never gets.

She shuns high-fat, calorie-rich foods, eats plenty of fruits and vegetables, and loads up on fiber. At five feet, six inches, Sassona is a svelte 128 pounds. She exercises to maintain her shape, and also because it may reduce her risk of cancer. She doesn't drink, smoke, or bask in the sun. The 53-year-old artist is even enrolled in a clinical trial on cancer prevention at a major medical center.

Sassona is doing everything possible to safeguard her health. Her father died from cancer of the esophagus, and lung cancer killed her husband. "Once you have a family member of such closeness that dies of cancer, you become much more aware of the meaning of the disease and how it ends one's life."

Her routine may seem a little extreme, but more people are practicing cancer prevention by making simple lifestyle changes. Many doctors are zeroing in on prevention for their patients, says Peter Greenwald, M.D., director of cancer prevention and control at the National Cancer Institute in Bethesda, Maryland.

DON'T WAIT FOR CANCER TO CATCH UP WITH YOU. THROW THE FIRST PUNCH BY MAKING SOME SIMPLE CHANGES IN HOW YOU LIVE.

"There's a growing interest, but I think it should be even higher than it is," he says.

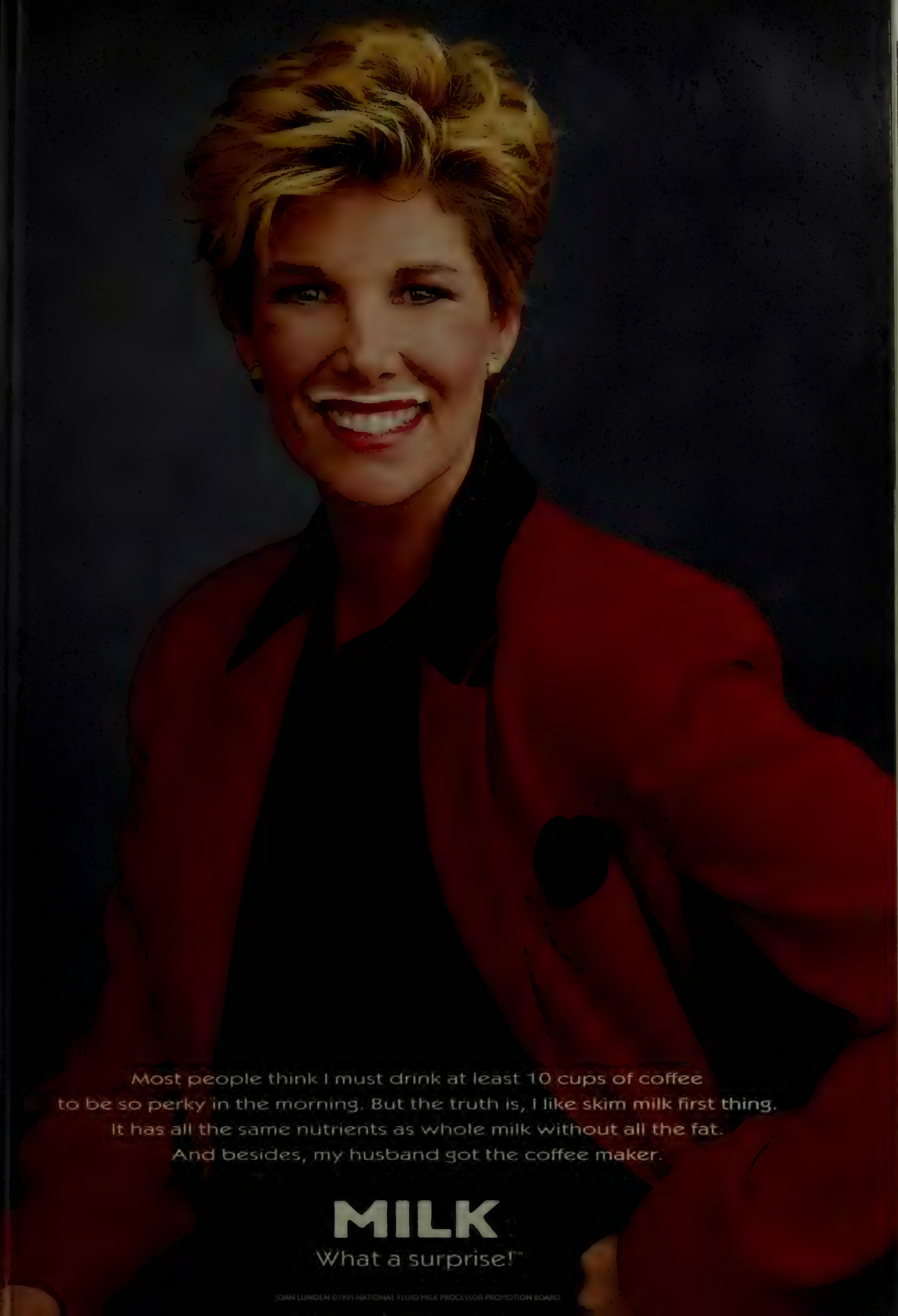
If you fear getting cancer or have a family member who died from it, there are some ways to reduce your risks. Something as easy as eating more vegetables or getting regular checkups can help you combat cancer. Many experts believe half of the 547,000 cancer deaths each year in the United States could be avoided if everyone practiced prevention.

"Practicing cancer prevention does not require revamping your entire way of life unless you are a beer-swilling, fat-consuming, chain-smoking couch potato who never exercises and hasn't seen a doctor since the days of house calls," says Moshe Shike, M.D., a cancer specialist at the Memorial Sloan-Kettering Cancer Center in New York City. He is coauthor of *Cancer Free: The Comprehensive Prevention Program* (Simon & Schuster, New York, 1995, $25).

Here are seven easy ways you can significantly lower your odds of developing cancer:

1. Quit smoking now. Cigarettes account for about 175,000 cancer deaths each year in the United States. If everyone stopped smoking, the total cancer death toll would eventually drop by one-third.

continued on page 52


Most people think I must drink at least 10 cups of coffee
to be so perky in the morning. But the truth is, I like skim milk first thing.
It has all the same nutrients as whole milk without all the fat.
And besides, my husband got the coffee maker.
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Cancer fighters

continued from page 50



Smoking is responsible for most lung cancer cases, a disease with an average five-year survival rate of only 13 percent. Smoking also raises the risk of cancer of the mouth, larynx, esophagus, pancreas, kidneys, bladder, and cervix. "There's no need for this level of suffering," says Howard Koh, M.D., a cancer prevention specialist at Boston University Medical Center.

Nevertheless, freeing yourself from nicotine's clutches is often easier said than done. Each year, 2 percent of the nation's 50 million smokers stop. But another 25 percent try and fail. "It's one of the most serious drug addictions that we know of in this society," says Dr. Koh. Women continue to take up the habit, as evidenced by the growing incidence of lung cancer among women. The Food and Drug Administration estimates that every day, 3,000 teens light up their first cigarette.

To quit, Dr. Koh favors the "cold turkey" approach as the most effective. But he supports any method that works. Some people set a target date and taper off gradually. Others rely on nicotine gum or patches. These aids should be combined with counseling or peer support to be most effective, says Dr. Koh. If that doesn't work, try a support group. The best advice: Don't ever start.

2. Eat healthy food. Many cancer specialists are convinced that eating vegetables, and probably fruits, helps prevent malignancy.



More than 150 reports demonstrate that people who eat large amounts of vegetables have reduced rates of cancer. That's presumably due to the many chemicals with anticancer properties found in vegetables, says Dr. Greenwald. He suspects there are unidentified compounds that also protect us.

The National Cancer Institute's "5-A-Day" program encourages people to eat at least five daily servings of fruits and vegetables. One serving is equal to a half cup, an average-size piece of fruit, or 6 ounces of juice.

Dr. Shike takes this advice one step further. He recommends eating five to nine daily servings of fruits and vegetables. And he urges people to adopt an overall healthful diet that includes at least 25 grams of fiber a day as well as a limit on fat and calories.

No more than 20 percent of your total daily calories should come from fat. Scientific evidence is accumulating that fat plays a role in many types of cancer, says Dr. Shike. Saturated fat, found in animal and dairy products, is the most dangerous. Also, you should limit the amount of polyunsaturated fat in your diet. Monounsaturated fat, such as olive, peanut, and canola oil, is the safest choice.

3. Ease up on alcohol. Excess drinking can cause cancer of the mouth, throat, larynx, and esophagus. Dr. Shike blames alcohol for 3 percent of all cancer deaths. There's also some suggestion that beer can increase the risk of rectal cancer. And several reports tie alcohol consumption to breast cancer. "We are suggesting people drink in moderation," says Dr. Shike.



This is usually defined as no more than two drinks a day. Dr. Shike advises cutting back even more, to four or fewer drinks per week. He makes a strong case for avoiding alcohol altogether, as he believes it promotes cancer by damaging cells and depressing the immune system.

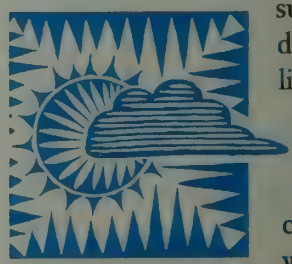
Drinking and smoking are an especially dangerous combination, says Dr. Greenwald. Either habit raises the odds of developing head and neck cancer, but together they greatly multiply this risk.

4. Slim down. Obesity is a risk factor for endometrial cancer and, to a lesser extent, breast cancer after menopause. A new report also suggests that overweight white men have increased rates of cancer of the lower esophagus.



Your weight control program should be a combination of calorie reduction and exercise. Many experts think regular exercise may help prevent some types of tumors. If you can't find time to work out, Dr. Shike suggests fitting exercise into your daily activities. Walk up three flights of stairs instead of riding the elevator, or park at the far end of the parking lot.

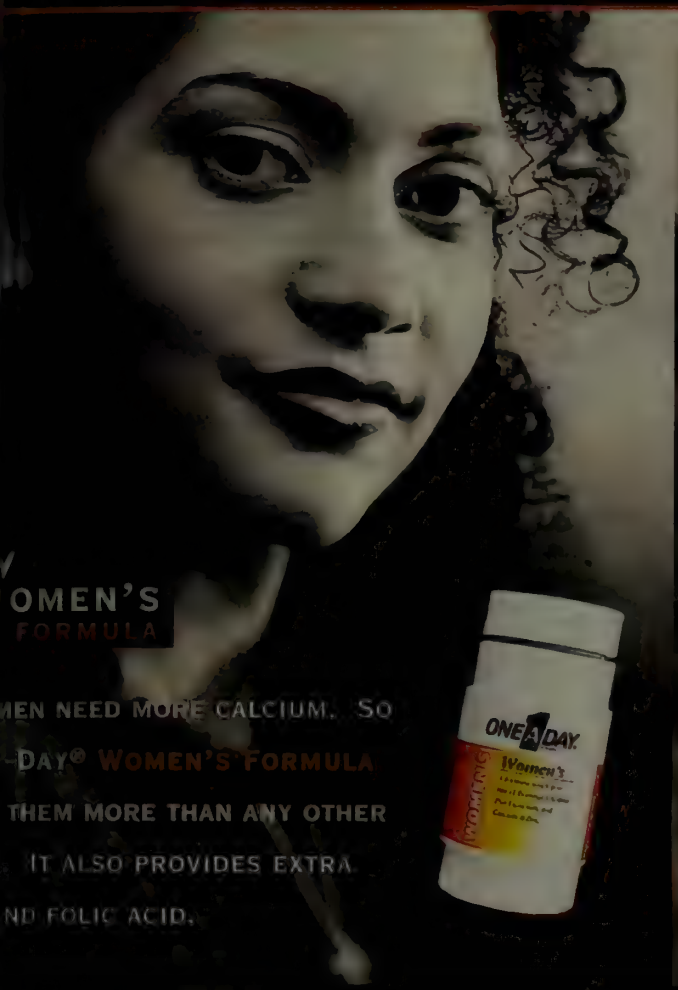
5. Stay pale. Overexposure to the sun can be directly linked to the rising number of skin cancer cases—which is why a fashionably pale complexion is very much in vogue these days, especially in medical circles. "There's no such thing as a healthy tan," insists Marie-Josee Thibault, M.D., a dermatologic surgeon at the University of California at Los Angeles.



Regular use of sunscreen before age 18 has been shown to reduce the lifetime incidence of basal cell and squamous cell skin cancers

continued on page 54

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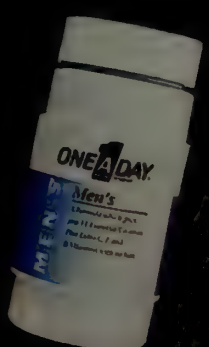
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Bayer

Cancer fighters

continued from page 52

Sunscreen also may protect against malignant melanoma, the most deadly skin cancer.

Dr. Thibault recommends avoiding the sun from 10 a.m. to 2 p.m. and using sunscreen every time you venture outside. Choose a well-known brand with a minimum SPF factor of 15 that blocks both UVA and UVB rays. Higher numbers may be chemically unstable and may not offer additional protection.

6. Get routine screenings. In coming years we can expect an explosion of new information on cancer prevention. Meanwhile, early detection is one of our best weapons. Screening for some of the most common cancers can save lives.



The Pap test is among the biggest success stories. This simple and inexpensive procedure is credited with a 68-percent drop in the cervical cancer death rate from 1960 to 1990. Annual Pap tests are recommended for women who are sexually active or over age 18. After three consecutive normal readings, some physicians test less often.

Another test, the mammogram, can reduce breast cancer deaths. Most experts agree that women 50 and older should have annual mammograms, but screening younger women is a subject of considerable debate. The American Cancer Society recommends routine mammograms for women in their 40s. But the National Cancer Institute says current research does not support widespread testing for this age group.

If you're confused, discuss the issue with your doctor, says Dr. Shike. After weighing the facts, you can decide when to have your first mammogram. All women should do monthly self-exams and have their breasts checked yearly by a clinician.

Colon cancer is another big killer. Each year in the United States 100,000 people are diagnosed with and another 47,000 die from this largely preventable illness. Dr. Shike says everyone over 40 should have annual stool blood tests and digital rectal exams. People over 50 should also undergo a procedure known as flexible sigmoidoscopy every three to five years.

Ongoing clinical trials should one day shed light on the benefits of screening for prostate cancer, says Dr. Greenwald. Right now, he adds widespread testing hasn't been proven to save lives. "We don't have the answers yet."

Nevertheless, the American Cancer Society advises men over 40 to undergo an annual digital recta

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camination, in which the prostate is alpitated, and men over 50 to also ave a yearly prostate-specific anti- en blood test. Elevated levels of the ntigen can signal a malignancy, as ell as benign conditions. The anti- en test, however, also misses a cer- in number of prostate cases, which one reason there's no consensus on creening for this disease, expected o strike 244,000 men this year.

. Make a family tree. Some types of cancer, such as colon, breast, and prostate, may hit several members in one family. But these ame diseases also strike at random. n fact, most cancer patients can't pin heir illness on heredity.



But, a family history of cancer may ncrease your risk. This depends pon the type of tumor and how nany relatives are affected. One case nay be little cause for concern. It's nore worrisome if cancer hits sever- l close relatives. The age of diagno- is is especially important. The ounger the stricken relatives are, he more likely the condition arises rom a genetic component.

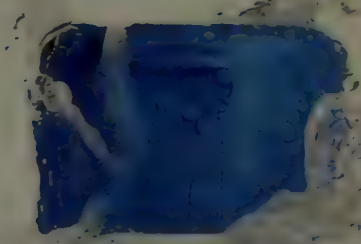
Dr. Shike suggests drawing a fam- ly medical tree. Go back as many enerations as possible, and deter- nine what type of cancer each per- on had and at what age they were iagnosed. If you uncover anything ignificant, tell your doctor.

If your doctor isn't concerned, ask o be referred to a specialist in cancer enetics. Although some types of nherited cancers probably can't be revented, regular screening can be a eal lifesaver.

Besides the potential big payoff, aking just a few of these steps to try o thwart cancer can pay back daily ividends. Sassona Norton's com- nitment to eating well and exercis- ng rewards her in many other ways.

"The more you control your life, he better you are," she says. "I think t just makes you a happier person."

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by Nick Gallo



"Being dense is a very big part of Alzheimer's, and forgetting things.... When I make a real blunder, I tend to get defensive about it, a sense of shame for not knowing what I should have known." —from Cary Henderson's journal

the agony of Alzheimer's

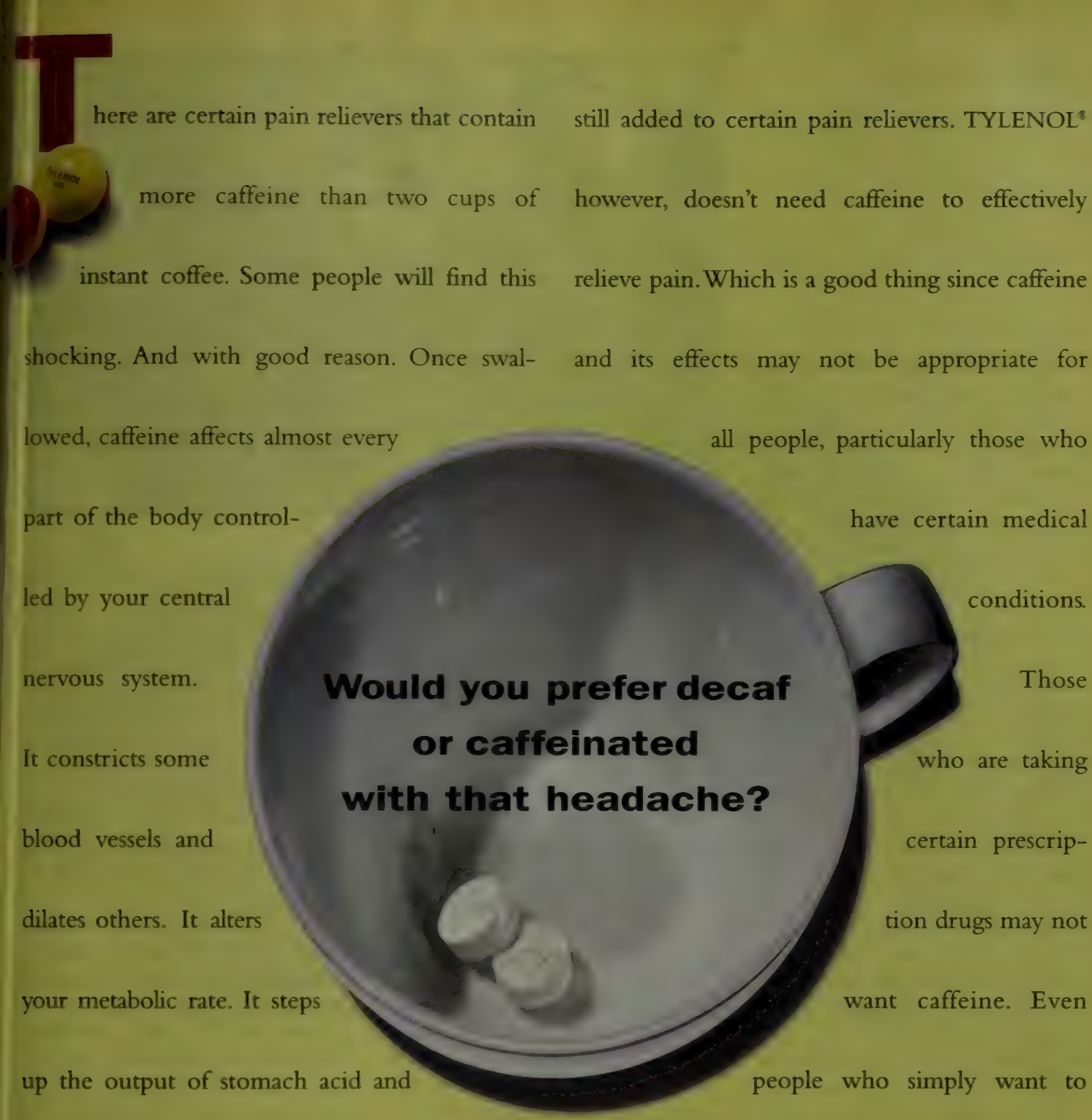
good-bye

fear

Cary Henderson knew the day would come when his illness would overtake him. So four years ago, before his decline, he began recording his thoughts on a tape recorder, describing Alzheimer's disease from the inside. "Very simply put, we are clumsy, forgetful. Our caregivers understand that—although sometimes I think it must be very hard on them. Some of us can be very stubborn. We want things to be like they used to be. And we just hate the fact that we can't be what we used to be. It hurts like hell."

continued on page 62

There are certain pain relievers that contain more caffeine than two cups of instant coffee. Some people will find this shocking. And with good reason. Once swallowed, caffeine affects almost every part of the body controlled by your central nervous system. It constricts some blood vessels and dilates others. It alters your metabolic rate. It steps up the output of stomach acid and urine. It relaxes the muscles of the bronchial tubes. And it causes the muscles of the heart to constrict more vigorously. Despite all this activity, you'll be surprised to know, caffeine is still added to certain pain relievers. TYLENOL® however, doesn't need caffeine to effectively relieve pain. Which is a good thing since caffeine and its effects may not be appropriate for all people, particularly those who have certain medical conditions. Those who are taking certain prescription drugs may not want caffeine. Even people who simply want to relieve symptoms so they can fall asleep may find that caffeine in their pain reliever is not appropriate. Any doctor can tell you that TYLENOL doesn't need caffeine to relieve pain. And neither do you.



Some pain relievers contain up to 65 milligrams of caffeine per tablet, which may not be appropriate for some people. TYLENOL contains no caffeine at all. Use only as directed.



The pain reliever hospitals use most.

Alzheimer's

continued from page 60



"...It's hard not to be suspicious. I think it's on of those things about Alzheimer's because we see that other people can work normally and talk normally. We sometimes almost become afraid of our caregivers and our family..."

Today, the 65-year-old former history professor from Harrisonburg, Virginia, can't read or write. He needs help bathing and getting dressed. He can't ever be left alone.

"He's very scared," says Ruth, his wife of 44 years and caregiver. "You can see it in his eyes."

This is the bleak world of Alzheimer's, a disease that today touches three out of four families. It affects 4 million Americans, killing 100,000 each year. Alzheimer's is a particularly disturbing disease because it steals so much of a person's identity. It destroys thinking abilities, twists personalities, and places huge burdens on families.

It also is incurable, as Henderson knew. "You can cuss all you want, which is what I do a lot. It gets it off your chest for a while. But then again, you're quite aware that—in the long term—you're not going to win."

distant

Almost a century after Alzheimer's disease was first described by a German doctor, the disease still is winning. But scientists are scoring victories. As they unravel the disease's secrets, they are closing in on a potential cure.

Alzheimer's attacks the brain and destroys chemical messengers that brain cells use to communicate with one another. It disrupts thinking, memory, language, and emotions.

Early on, a person with Alzheimer's may have trouble remembering recent events or names of familiar people. As the disease worsens, patients become more forgetful, disoriented, and unable to process information. That makes even routine tasks difficult to perform, says Zaven Khachaturian, M.D., director of the Office of Alzheimer's Disease Research at the National Institute on Aging.

Alzheimer's patients also may show personality and behavior changes. They may become agitated, suspicious, or combative. In the end, they often can't recognize themselves when they look in a mirror.

Termed "the long good-bye," Alzheimer's typically features a slow, gradual descent. The rate of decline varies, though. Depending on when diagnosis takes place, an Alzheimer's patient may live anywhere from three to 20 years. The average is eight.

care

A small fraction of sufferers develop Alzheimer's in their 40s or 50s. Most cases strike later, after age 65. It's estimated Alzheimer's afflicts 10 percent of 65-year-olds; 20 percent of people who reach 75, and 40 percent of those over 85.

While nobody knows what causes Alzheimer's, experts believe three genes (and likely more) are part of the problem.

In 1992, Duke University researchers made a major discovery linking late-onset disease to a gene involved with the production of apolipoprotein E (ApoE), a protein that helps move cholesterol in and out of cells. We all inherit a mix of ApoE genes from each parent, but depending on the particular version inherited, a person may be three times more likely to develop Alzheimer's. If your parent or sibling has Alzheimer's, you may be as much as five times as likely to get it compared with others.

Other researchers have confirmed these findings, but a sizable number of Alzheimer's patients who don't have the "bad" ApoE gene still develop the disease. Some elderly people have the "bad" gene but don't have Alzheimer's.

Something else comes into play,

continued on page 64



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Alzheimer's

continued from page 62



"...We've had company throughout the events that are normal to families and I think I'd have to say that the more people, the less I understan what's going on. After a while, it gets to where I don't know one thing from another..."

says Dr. Khachaturian. The thinking now is that someone with high-risk ApoE has a predisposition to Alzheimer's but won't develop it unless another factor triggers it.

For two decades, scientists have been looking for those "triggers." They've found tantalizing leads, but results either have failed to hold up or are too new to be accepted. Research by Duke University's John Breitner, M.D., suggests genes alone don't cause Alzheimer's. In his studies, identical twins don't both get the disease. When they do, it strikes as much as a decade apart. One difference was the use of anti-inflammatory medicines. Some twins who took them seemed less likely to develop Alzheimer's disease.

Women who take estrogen after menopause have a lower risk of developing Alzheimer's, a recent study has found. More work is being done to determine whether estrogen is a safeguard—and a potential therapy. Other studies have linked Alzheimer's to prior head injury, or exposure to toxins, or certain metals.

After autopsies years ago revealed aluminum deposits in Alzheimer's patient's brain cells, some experts suspected aluminum in drinking water and cooking utensils as culprits. But research hasn't consistently supported the link, says Steven De Kosky, M.D., director of the Alzheimer's Disease Research Center at the University of Pittsburgh.

"There's no evidence that aluminum intake from diet and drinking water causes Alzheimer's," he says. Very little is absorbed from products and most is excreted.

Since there is no medical test to identify Alzheimer's, doctors diagnose the disease after ruling out other causes of symptoms. Many ailments can mimic Alzheimer's, including brain injuries, tumors, depression, thyroid imbalances, and vitamin B12 deficiency.

It's important to track down what's causing symptoms, says David Masur, Ph.D., clinical associate professor at New York's Einstein/Montefiore Medical Center. About 15 percent of suspected Alzheimer's cases turn out to be a different, reversible medical condition, he says.

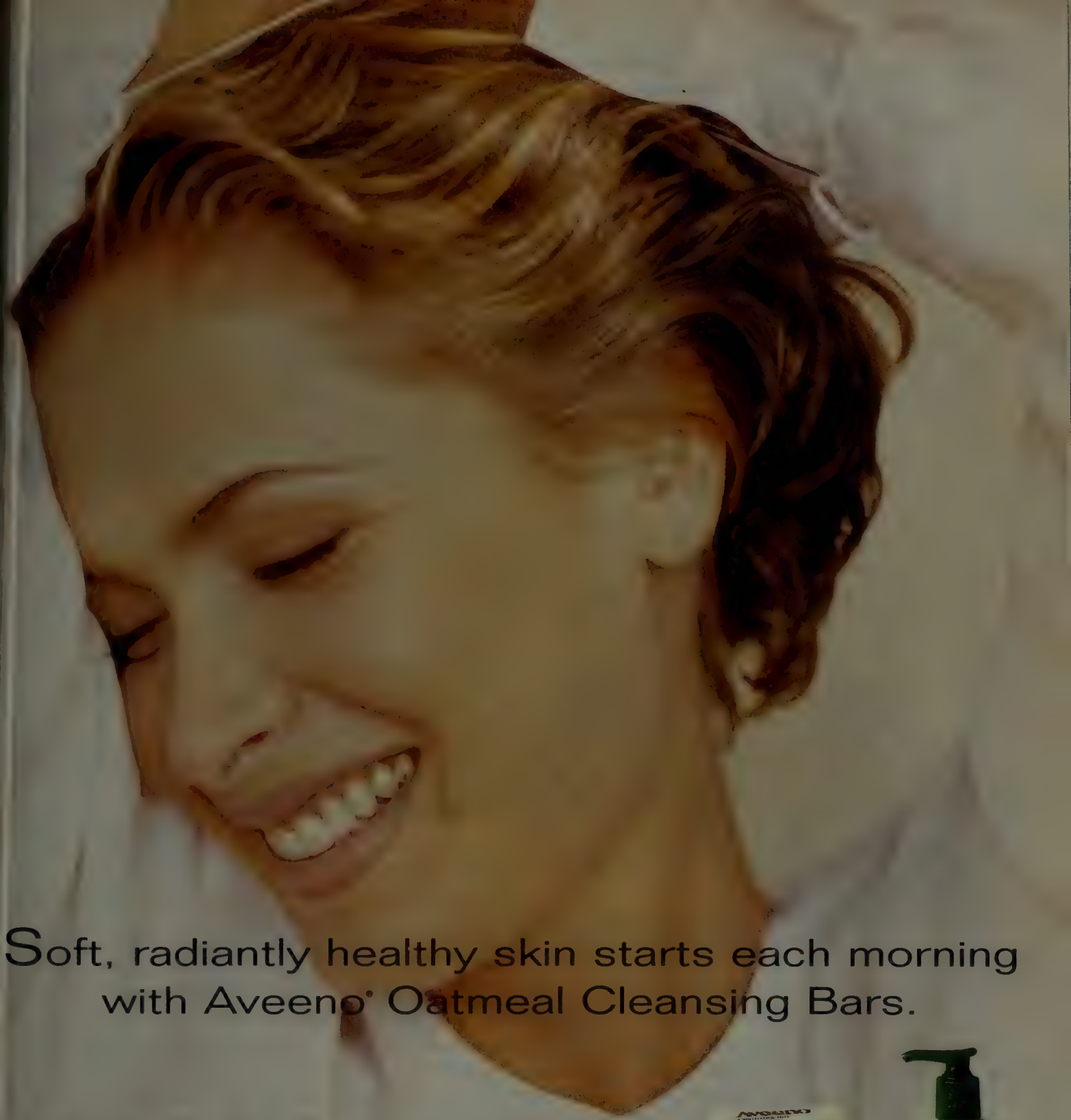
A comprehensive evaluation includes a detailed medical history, exam, and mental ability tests. Doctors often use blood tests, an electroencephalogram (EEG) to record electrical impulses of the brain, a computed tomography (CT) scan, and magnetic resonance imaging (MRI) tests to look for clues.

Last year, Harvard Medical School researchers developed an eye test, which showed that 95 percent of Alzheimer's subjects had an exaggerated reaction to eyedrops containing a drug called tropicamide. Tropicamide blocks the action of acetylcholine, one of the brain chemicals involved with Alzheimer's. The eye test, given to only 52 elderly people, is now being evaluated in larger studies. "The eye is a window to the brain," says Huntington Potter, Ph.D., a researcher involved. "This may be a noninvasive way to see what's going on in the brain."

Genetic testing also is a hotbed of activity following discovery of the ApoE link. Current tests can determine a person's ApoE status, but routine testing for the general public isn't recommended, says Dr. De Kosky. Genetic testing may estimate your risk for developing Alzheimer's, but it can't predict with certainty that

continued on page 66

memory family



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Alzheimer's

continued from page 64



"...Yesterday I took a long walk with my dog. She's the most wonderful companion. I take her out three or four times a day. It's kind of nic to talk to a dog that you know is not going to talk back. You can't make a mistake that way..."

you will get it. Without a cure, telling people they may get the disease could be psychologically devastating, he says.

Tacrine (sold as Cognex) is the first and only Alzheimer's treatment approved by the Food and Drug Administration. The drug stops the breakdown of acetylcholine in the brain, and aids alertness.

But tacrine is not a cure. In one study, patients regained about six month's worth of mental losses, but experts believe improvements may fade over time and may not alter the course of the disease by much. Unfortunately, as few as 20 percent of patients derive significant benefit from tacrine, says Dr. Khachaturian.

Many tacrine patients can't tolerate its side effects, including liver abnormalities, nausea, and diarrhea. The drug's expense—over $100 a month—and weekly blood tests for the first 18 weeks—also add to its drawbacks.

New drugs, such as calcium-channel blockers, are likely to be available in the next few years. "Fifteen years ago, we didn't have a clue how to design a drug against Alzheimer's, but we're starting to close in," says Dr. De Kosky.

Nearly 3 million people with Alzheimer's—70 percent of those with the disease—are cared for at home. Providing that care can be a difficult, tumultuous time. "It's harder than I ever could have imagined," says Pat Bendock, 47, a Seattle hospital worker whose 88-year-old aunt moved in with her family 18 months ago. Diagnosed with Alzheimer's five years ago, her aunt needs constant attention. She tries to wander or is disruptive. She resists bathing or dressing correctly.

compassion

"She swears at us," says Bendock. "I get angry back because I feel like we're making lots of sacrifices, but then I feel guilty for getting angry."

Bendock also struggles with grief. "This was my favorite aunt, who used to take me downtown for strawberry milk shakes when I was young," she sighs. "She was a sharp gal, but I can't remember that person. Sometimes, her whole look changes and I think her spirit has left her. Then, I look at a picture of her and just cry."

grief

Without help, the task of caregiving can be exhausting, frustrating, and thankless. Studies show that 80 percent of Alzheimer caregivers report high rates of anxiety, depression, and burnout. For Bendock, the solution was Seattle's ElderHealth Northwest adult day center three times a week. "I'd be lost without it," she says.

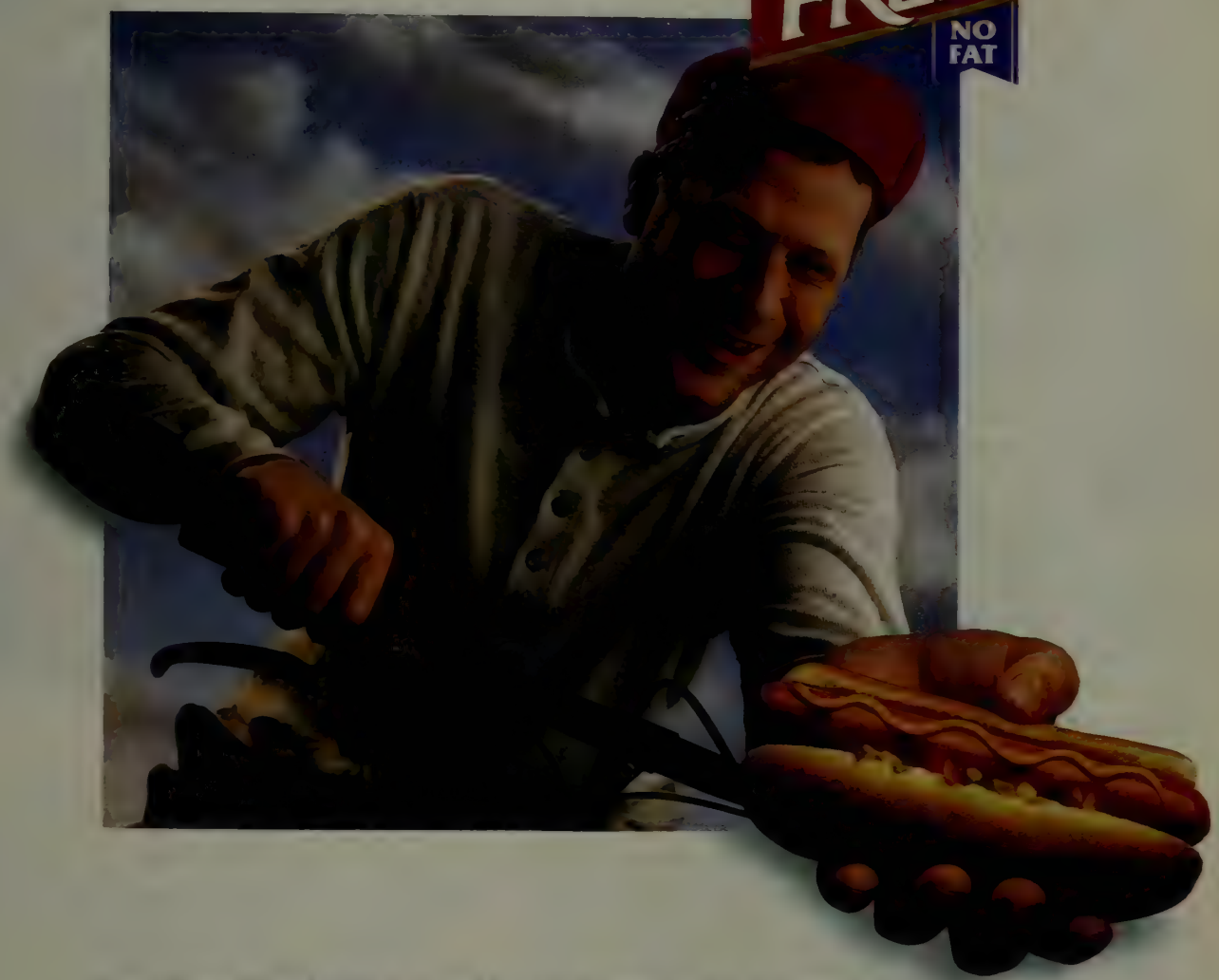
In the last 10 years, adult day centers have grown from 1,200 to more than 3,000, nationwide. They cost about $50 a day—half the price of a nursing home.

Adult day centers offer supervised daytime programs in a safe environment. Originally created for caregivers, they also fill a patient's need to socialize. Support groups for people in the early stages of Alzheimer's also are gaining in popularity. People want to talk about their disease, says Lisa Gwyther, director of education at the Bryan Alzheimer's Center at Duke University.

"People vent their frustrations, but what's impressive is the humor," she says. "People smile and laugh for the first time in months. They don't have to worry about saying something wrong." ⌂

Photographer Nancy Andrews, of The Washington Post, is working on a book with the Hendersons about Alzheimer's.

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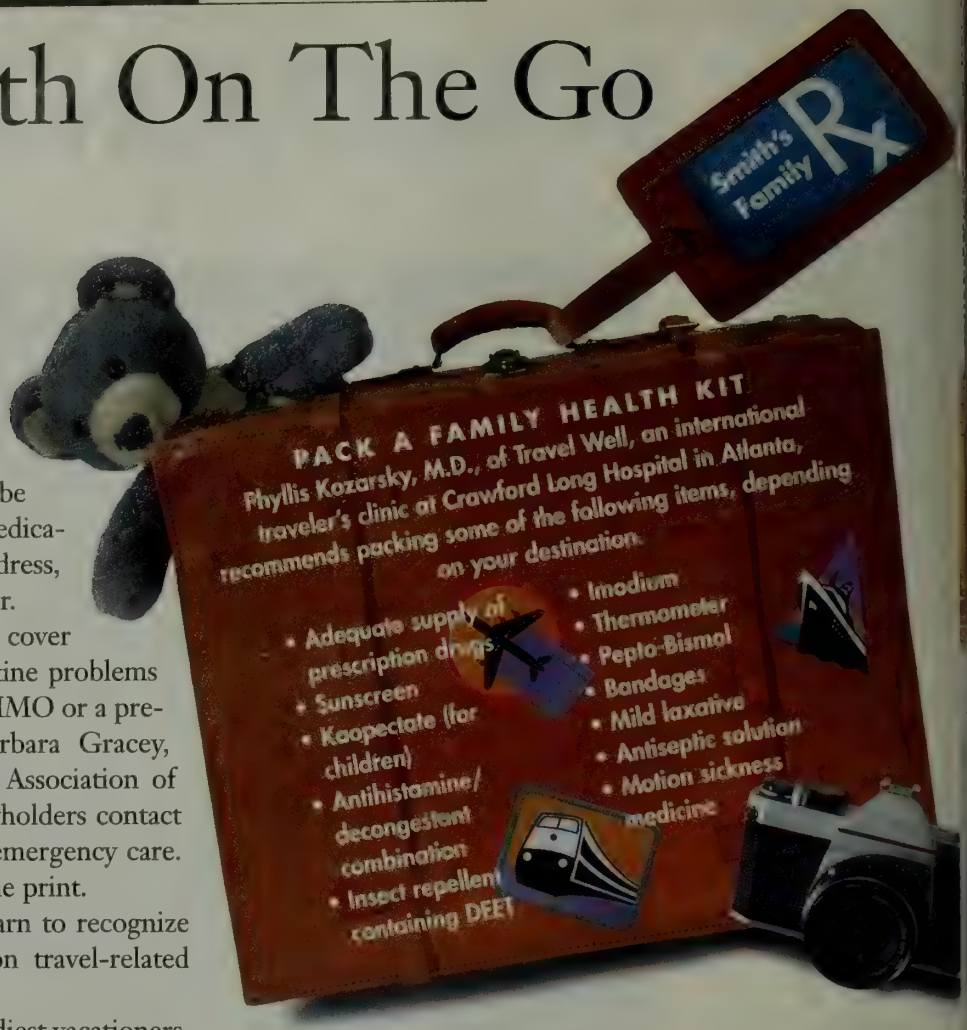
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by Amy Roffman New

Health On The Go



Wherever you go this summer, overseas or to a neighboring state, remember the Boy Scouts motto and be prepared. Pack a list of your family's medications, blood types, doctor's name and address, health insurer address, and policy number.

While most major medical policies cover emergency care, coverage for more routine problems may be limited, especially if you use an HMO or a preferred provider organization, says Barbara Gracey, spokesperson for the Health Insurance Association of America. Many plans require that policyholders contact the insurer within 24 to 48 hours after emergency care. Before driving off, be sure to read the fine print.

To avoid an emergency altogether, learn to recognize and handle some of the more common travel-related health problems yourself.

Heat. The heat can melt even the sturdiest vacationers. Heat exhaustion is a broader term for a variety of symptoms associated with heat stress: headache, nausea, vomiting, tiredness, muscle cramping, mild dehydration, and irritability. Treatment is often as simple as increasing fluid intake or cooling off in the shade or air conditioning.

Heat stroke happens when the body produces heat faster than blood vessels can get rid of it. The buildup of heat can come from external sources, such as the sun, or from inside the body, such as strenuous activity. When the body's heat-releasing mechanisms are overwhelmed, blood vessels dilate, making it more difficult for the heart to pump blood. Symptoms include tremors, difficulty walking, and irrational behavior, says J. Michael Ponder, M.D., a family physician in Franklin, Virginia. Again, replace fluids and cool off.

Sports injuries. People on vacation often engage in activities they're not accustomed to, opening the door to injury, says Fred Allman, M.D., director of the Atlanta Sports Medicine Center. Most of us think our bodies will tell us when it's time to stop, but this isn't always true. As you exercise, the body warms up and doesn't signal injury right away. Only later do you realize that you overdid it.

"When you go beyond the soreness stage and have significant pain, swelling, or symptoms that persist for more than 48 hours, you may want to consider seeking medical help," says Dr. Allman. Most overuse problems just need a little RICE—Rest, Ice, Compression, and Elevation.

Jet lag. Our internal clocks are set to a 24-hour day/night cycle, and crossing several time zones can short-circuit the clock. Classic jet lag symptoms are insomnia, loss of appetite, fatigue, and crankiness.

Recent studies have found that doses of synthetic melatonin hormone can help fight the disorienting effects of jet lag. The Food and Drug Administration has not yet confirmed any beneficial uses, but research continues. Melatonin can be found at most health food stores.

The simplest way to fight jet lag is to give your body clock time to adapt. "Check into your hotel in the morning and get a couple hours of sleep," says Scott Harkonen, M.D., author of *Traveling Well, A Comprehensive Guide to Your Health Abroad.* "Then force yourself to get up and get in step with your new time zone."

Motion sickness. Doctors aren't sure what causes motion sickness, but believe it happens when the balance center in the middle ear can't keep up with the rapid changes of constant movement.

Over-the-counter antihistamines are the most common motion sickness medications, but they may make you drowsy. Ask your doctor about a transdermal motion sickness patch, which can be worn for several days.

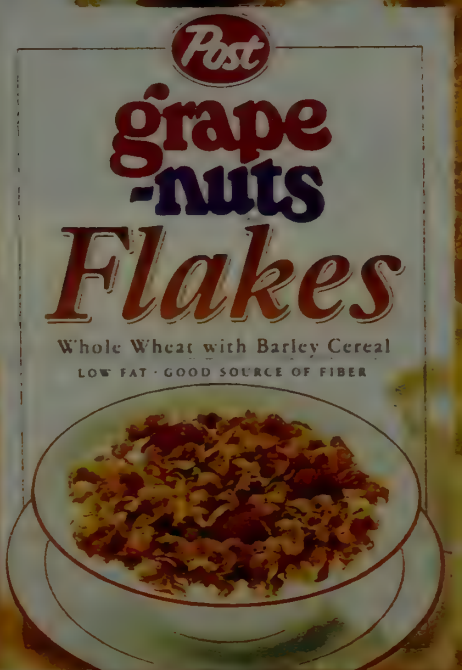
To relieve motion sickness a more natural way, try acupressure. The pressure point is on the wrist below the first finger of each hand. With your opposite thumb, apply pressure for at least one minute, then repeat.

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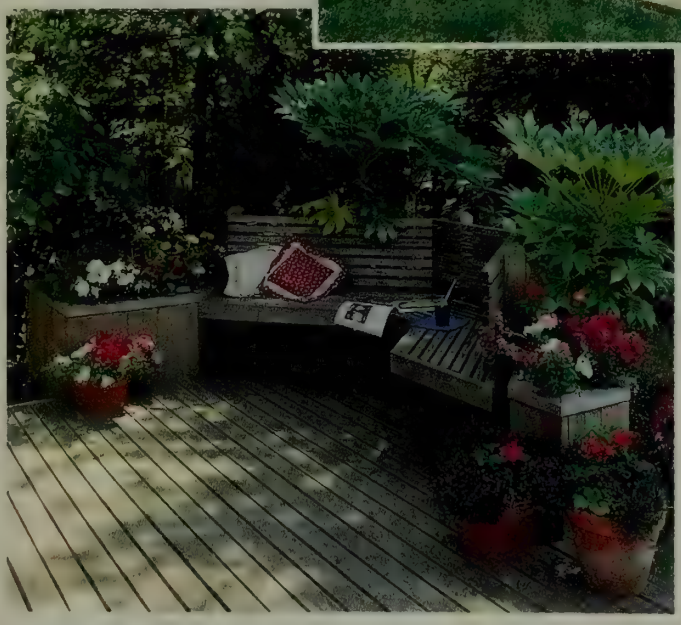
Lazy Days of Summer

Kids love these play structures, and you can sit back and watch from the outdoor bench. These designs are three of our readers' all-time favorites. They're easy to build with our plans, and they'll be the envy of your friends and neighbors.

SUMMER SEATING
Lean back and smell the posies on this U-shaped bench and planter project. The 18-inch-wide planter completely surrounds the bench and ends in a large planter box on one end. Designed to be attached to an existing deck and constructed of cedar and pressure-treated lumber, the planter and bench are joined with 4×4 posts for stability. The finished size of the project is about 8 feet wide by 8½ feet deep.



CROWD-PLEASING PLAY STRUCTURE
With three action-packed play centers, our backyard gym handles kids aplenty. Beginners can brave the tree house and slide, then move on to more heavy-duty antics on the rope climb or tire swing. The structure stands on pressure-sensitive pilings, and a sandbox under all cushions falls. The platform is about 8×8, the climbing frame is about 12 feet wide, and the tire swing is about 10 feet wide.





A PLAY STRUCTURE TO GROW UP WITH
This sturdy play structure features interchangeable play components to suit the skills of a range of ages. A trapeze, baby swing, or gymnastic rings can be hung from the 12-foot-long jungle gym if desired, and the 4×6-foot slide platform makes a great fort.

Each *Better Homes and Gardens*® Project Plan is a professionally drawn blueprint including a complete list of materials, detailed construction diagrams, and special tricks of the trade to save time and money. Clearly written instructions take you step-by-step through each project, and hints from our experts help you create professional results.

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IF IT'S BEEN *awhile*
SINCE YOU HAD AN INSURANCE REVIEW, YOUR COVERAGE COULD BE *a bit* OUTDATED.

There are some things that just don't get ooked at very often. Like the underside f your sofa cushions. That container of noldy green stuff in the back of your efrigerator. Or, for that matter, your dusty ld insurance policies.

Unlike the first two examples, ignoring our insurance coverage could be a big istake. Fortunately, Farmers has a way to eep your policies from looking like some- ning out of the Paleozoic period.

It's known as the Farmers Friendly Review. It's a systematic way of reviewing your policies that can close any gaps in your coverage, show whether you're under-insured, over-insured, or possibly spending more than you have to.

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HINT #9

Cut the rust.



Here's a sharp idea: remove rust from household tools by using Morton® Salt. Just make a paste using 2 tablespoons Morton® Salt and 1 tablespoon lemon juice. Apply the paste to rusted area with a dry cloth and rub. For more ways to use economical, effective and safe Morton® Salt around the house, write: Morton Salt Tips, Dept. B, Chicago, IL 60606-1597.

Morton

tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips.

A BRASSY SOLUTION

Do your outdoor brass light fixtures tend to get dull and pitted? To keep them looking new, apply clear-coat car wax to the brass about once a year. This simple treatment will seal out rain and ultraviolet rays, which break down the factory coating applied to exterior brass fixtures.

Diane Medeiros
Tiverton, R.I.

ON-THE-LEVEL PICTURES

You can keep large pictures hanging evenly by taping a square piece of a sponge to the bottom center of the frame. The sponge will grip the wall enough to help you easily keep the picture level.

Stacy Powell
Lincolnwood, Ill.

NUTRIENTS FOR PLANTS

Use the water left over from boiling vegetables or eggs to water all of your houseplants. The water is filled with nutrients that are great for plants. Be sure to wait until the water cools down to room temperature before using.

S. P. Bennett
Chicago, Ill.

SNAPPY NEW SNEAKERS

Here's what to do with last year's somewhat worn sneakers. Cut off the back one-third of the sneaker material, leaving the entire rubber sole intact. Your "sneaker clogs" are ideal for leaving at the back door to slip on and off for quick outdoor errands such as taking out the trash.

Jean Lang
Rochester, N.Y.

WORKSHOP PINUPS

This is an easy and inexpensive tip for creating a convenient place to hang patterns, notes, and plans when working in your shop. Simply glue a block of plastic foam to the back of your workbench.

Marjorie Babbitt
Grand Rapids, Mich.

A NEW SPIN ON PAINTING

Whenever you are painting small objects, try this time-saver. Take a lazy Susan and cover it with plastic or newspaper. Then, place the object on it and begin painting. You can spin the lazy Susan with one hand while you use the spray can or paintbrush with the other. The result is a quicker paint job with fewer streaks and runs.

Joyce LeMonds
Castle Rock, Wash.

SEND US YOUR TIP

Mail your tip along with a daytime phone number and your Social Security number to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

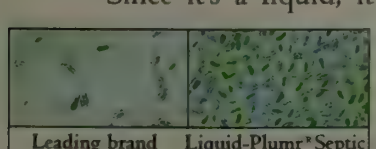


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More bacteria. Fewer problems.

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Rogaine®
TOPICAL SOLUTION minoxidil 2%

The only product ever proven to regrow hair.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia: hair loss of the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women. ROGAINE is a topical form of minoxidil, for use on the scalp.

How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 58% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.

In women: A clinical study of women with hair loss was conducted by doctors in 11 US medical centers. Based on patients' self-ratings of regrowth after 32 weeks, 59% of the women using ROGAINE rated their hair regrowth as moderate (19%) or minimal (40%). For comparison, 40% of the women using placebo (no active ingredient) rated their hair regrowth as moderate (7%) or minimal (33%). No regrowth was reported by 41% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. Some people using ROGAINE may see results faster than others; others may respond with a slower rate of hair regrowth. You should not expect visible regrowth in less than 4 months.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period of time (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis–7.36%; **Respiratory:** bronchitis, upper respiratory infection, sinusitis–7.16%; **Gastrointestinal:** diarrhea, nausea, vomiting–4.33%; **Neurologic:** headache, dizziness, faintness, light-headedness–3.42%; **Musculoskeletal:** fractures, back pain, tendinitis, aches and pains–2.59%; **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases–1.53%; **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity–1.27%; **Metabolic-Nutritional:** edema, weight gain–1.24%; **Special Senses:** conjunctivitis, ear infections, vertigo–1.17%; **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching–0.91%; **Urinary Tract:** urinary tract infections, renal calculi, urethritis–0.93%; **Endocrine:** menstrual changes, breast symptoms–0.47%; **Psychiatric:** anxiety, depression, fatigue–0.36%; **Hematologic:** lymphadenopathy, thrombocytopenia, anemia–0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema; hypertrichosis (excessive hair growth); local erythema (redness); pruritus (itching); dry skin/scalp flaking; sexual dysfunction; visual disturbances, including decreased visual acuity (clarity); increase in hair loss; and alopecia (hair loss).

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE were applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.
Salt and water retention: weight gain of more than 5 pounds in a short period of time or swelling of the face, hands, ankles, or stomach area.
Problems breathing: especially when lying down; a result of a buildup of body fluids or fluid around the heart.
Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, or chest pains.

Do not use ROGAINE if you are using other drugs applied to the scalp such as corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each 1 mL of solution contains 20 mg minoxidil, and accidental ingestion could cause unwanted effects.

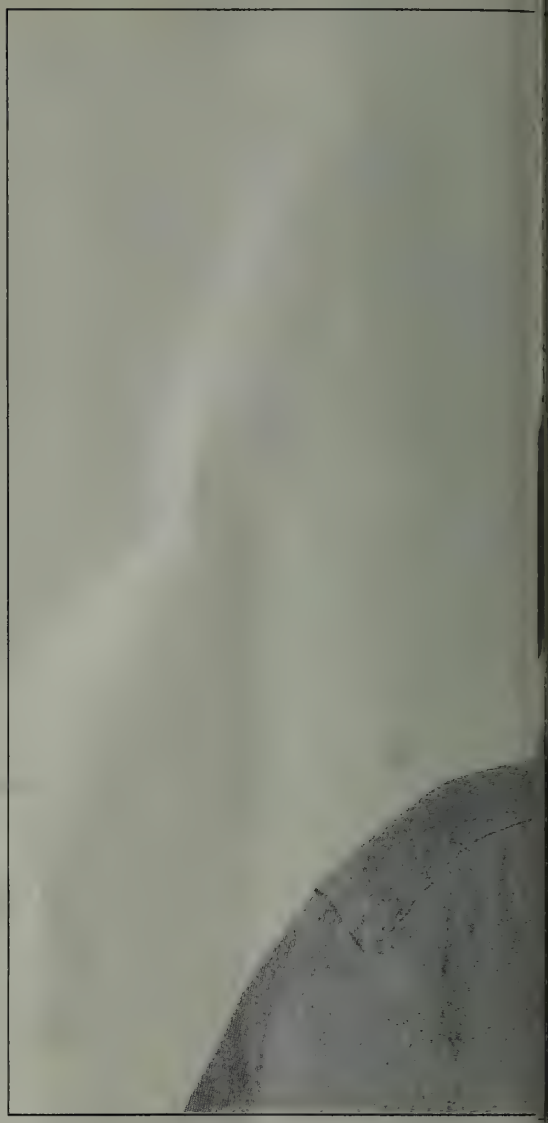
Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. Also, its effects on women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE will not affect menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your menstrual period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested in people under age 18.
Caution: Federal law prohibits dispensing without a prescription. You must see a doctor to receive a prescription.

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Find out about *Rogaine*, the only product proven to regrow hair.

20 million healthy American women have inherited diffuse hair loss. It's very common – and can come from either side of your family.

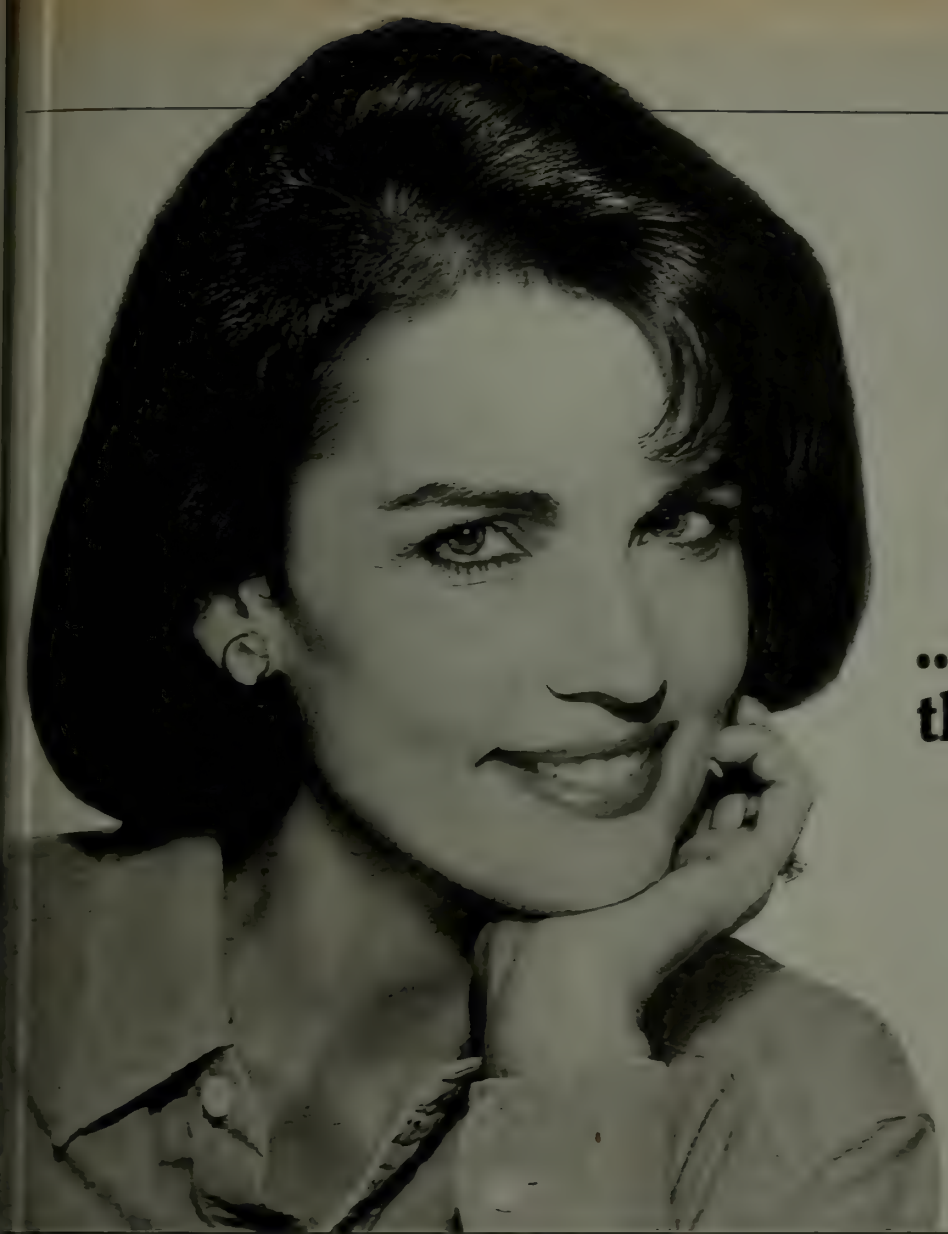
Unfortunately, most women don't realize that female diffuse hair loss may be *treatable*. That it is *possible* to regrow your hair with *Rogaine*® Topical Solution (minoxidil topical solution 2%).

How *Rogaine* works.

Hair grows and rests in cycles. And while the exact mechanism by which minoxidil works to stimulate hair regrowth is unknown, many scientists believe that the prescription medication *Rogaine* works, in part, by prolonging the growth cycle of hair. With more hair growing longer and thicker at the same time, you may see improved scalp coverage.

Will *Rogaine* work for you?

In 8-month clinical tests conducted by dermatologists, 59% of the women using *Rogaine* reported hair regrowth (40% had minimal



What to do if you have your father's striking blue eyes ...but your mother's thinning brown hair.



regrowth and 19% had moderate regrowth). Those using a placebo (a similar solution without the active ingredient in *Rogaine*) reported 33% minimal regrowth and 7% moderate regrowth. No regrowth was reported by 60% of the group using a placebo and 41% of the group using *Rogaine*.

Rogaine should only be applied to a normal, healthy scalp (not sunburned or irritated). *Side effects:* About 7% of those who used *Rogaine* had some itching of the scalp. (Roughly 5% of those using a placebo reported the same minor irritations.)

Rogaine should not be used by pregnant or nursing women as studies have not been conducted in these groups. Effectiveness in postmenopausal women has not been studied.

Make a commitment to see results.

Rogaine takes only a few minutes a day to apply and has no effect on perms or styling aids. And if you respond to treatment, you might just find that, with even a little more hair, you could enjoy the looks you've inherited a whole lot more.

Studies indicate that *at least 4 months of twice-daily treatment with* Rogaine *are usually necessary before there is evidence of regrowth.*

Keep in mind that *Rogaine* is a treatment, not a cure. So further progress is only possible by using it continuously. If you stop using it, you will probably lose your newly regrown hair within a few months.

Get your free Information Kit, plus a $10 incentive to see a doctor.

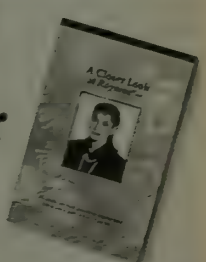
So why not indulge another trait you've inherited? Your curiosity! Find out more about *Rogaine* right now. Call **1-800-645-4242** for a free Information Kit about the product and how to use it, **plus** a $10 incentive to visit a doctor soon. **Then, since you need a prescription to get *Rogaine,*** see your doctor and ask whether *Rogaine* is right for you. If you prefer a doctor other than your own, we'll include a list of nearby dermatologists or other doctors experienced in treating hair loss.

Why put it off any longer? Make the call now.

See adjacent page for important additional information.

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Call now for your Free Information Kit, plus a $10 incentive to see your doctor.



1-800-645-4242

Rogaine® TOPICAL SOLUTION minoxidil 2%

The only product proven to regrow hair for women with diffuse hair loss.

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A made-to-measure fit in an off-the-rack world.



Most new cars are built according to rather abstract and impersonal engineering specifications. But the new Monte Carlo was designed to be your own personal space. So instead of assuming what drivers wanted, we asked. Look inside the cabin. You'll discover front seats that are deeply contoured and feature thick, cushioned bolsters for support. You'll notice that every instrument and control is placed exactly where you'd expect to find it. That every surface not only flows beautifully into the next, but every texture is soft to the touch and easy on the eyes. In short, we've made every effort to ensure that the new Monte Carlo is a perfect fit. Why not visit your Chevrolet dealer and try one on?

The New Monte Carlo

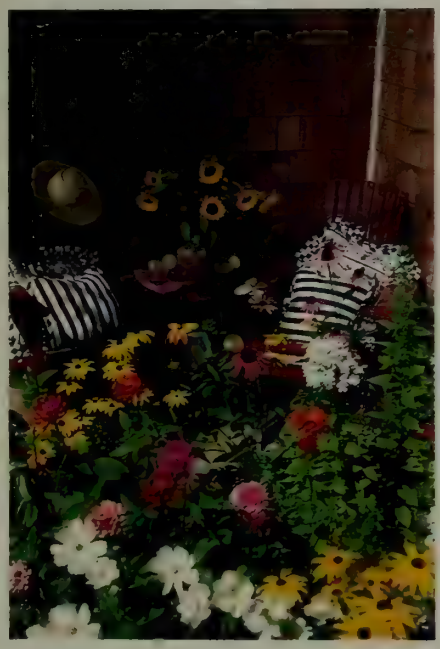
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gardener's almanac

JULY 1995

Porch setting

Summertime living is definitely easy and breezy when enjoyed from an adirondack chair beside a cutting garden. You can make the magic of this



warm weather scene work at your house—all it takes is a pair of garage sale chairs, freshly painted and decked out with new pillows. Guarantee that your table never lacks fresh flowers by planting a collection of bouquet-ready blossoms, such as zinnias, cosmos, coneflowers, and daisies, *above*.

Buying information, page 146

—by Mark Kane and Julie A. Martens



Old-fashioned favorite. Nearly everyone's grandmother had a strawberry jar of sempervivums (hen-and-chickens), but these hardy succulents flourish in other spots in the garden, too. They thrive in well-drained, even sandy soil, and multiply quickly, carpeting the ground. Use them to replace patchy grass on a slope, to bubble up out of pots, or to edge the front of a border. Plants bear rosettes of smooth or spiderwebbed leaves and bloom in summer. This colorful checkerboard raised bed, *above*, features sempervivums in a range of greens and burgundies.

TEST GARDEN TIP

Top tomatoes. You'll get the best harvest from your tomatoes when you stake the plants, says Roy Wyatt, our Test Gardener in Georgia. Staking keeps stems, leaves, and ripening fruits off the ground so they're less inviting to diseases. Roy used three stakes on this Big Beef tomato, which will reach six feet. For a variety that needs only one 3½-foot stake, try Celebrity.







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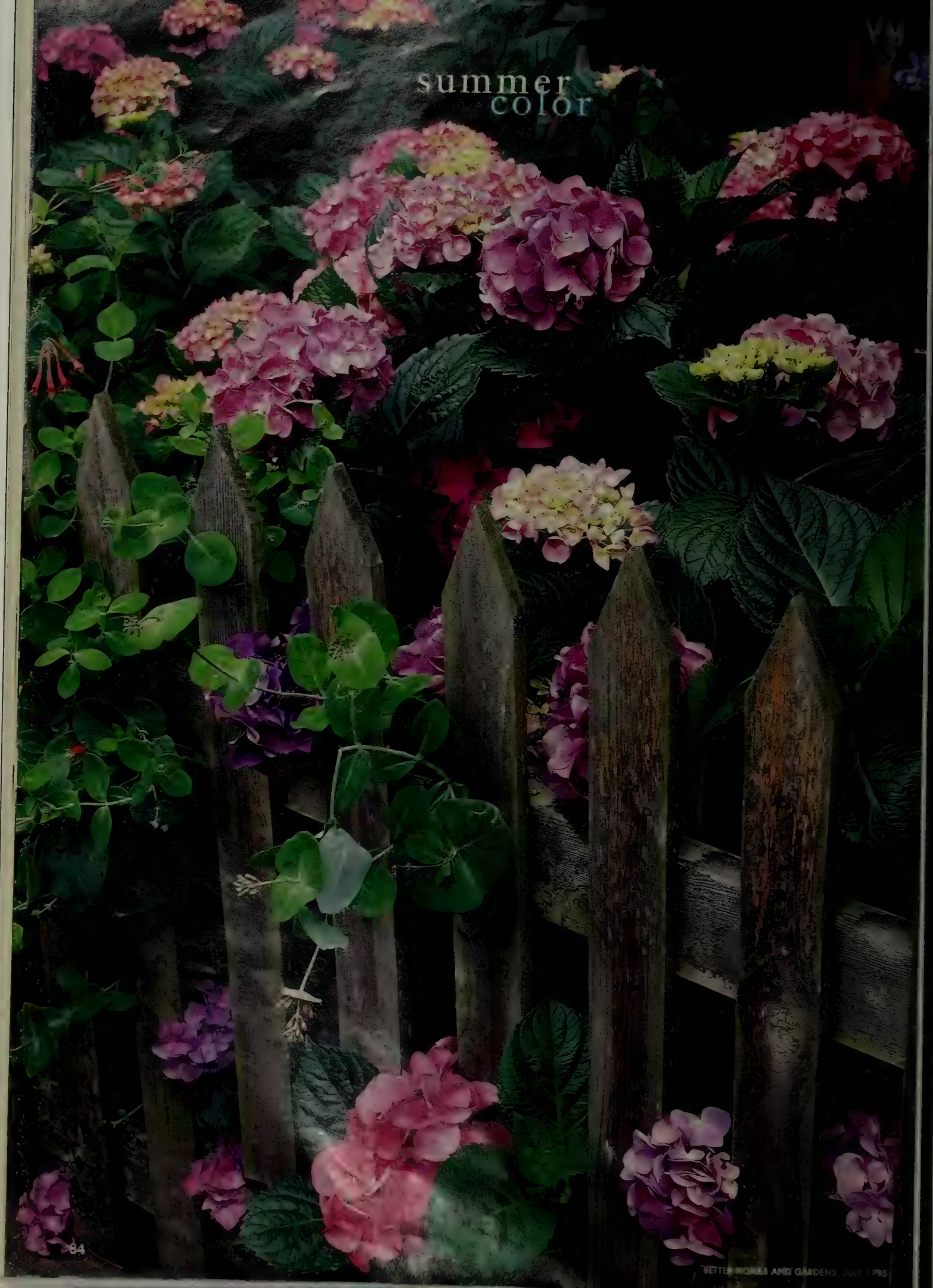
high summer color

by JULIE A. MARTENS



Celebrate summer's pleasures—

fireworks, watermelon, and family reunions—against a backdrop of blossoming color. In the warm weather garden palette, there are blooms in hues to suit every fancy, from sizzling pink cinerarias to gleaming white daisies, *above*. Brighten July's lingering twilight by weaving some of our colorful favorites into your garden.


summer
color

Pretty in pink

A rustic fence becomes a romantic bower when it's topped by a mop-headed hydrangea intertwined with a coral honeysuckle, left. *You can choose hardy hydrangeas with pink, white, or blue flowers, but color varies depending on soil pH. As soil becomes more acidic, pink blooms deepen to a rich blue. Flowers also shift from shade to shade as they age.*

Perennial picnic

In summer's heat, there's nothing quite so cooling as trickling water, especially when it's nestled in a pastel-splashed perennial garden, right. *Twin tufts of blue fescue form a grassy fountain in the front of the bed. Lollipop heads of allium play ring-around-the-urn, while Betty Prior roses and delphinium spires fill in the gap between garden and fountain.*



Dynamic duo

Dahlias come in a rainbow of colors, from the apricot blooms of Border Princess, left, *to petals painted with pink, yellow, burgundy, or white. Dahlias aren't winter hardy, so plan to lift tubers in fall and store in a cool, dry place. For a perennial red that's a favorite with bees and butterflies, add Garden View Scarlet monarda,* left, *to your garden.*

Bold blooms

The path into this terrace, right foreground, *flowers in tangerine Disco marigolds that march up to sprays of gold Stella de Oro daylilies. Other bright beauties include Summer Sun heliopsis by the fence,* right, *and daylilies,* above. *Blue tempers a red-yellow garden beautifully. Try Victoria Blue salvia, which was used here, or blue ageratum.*







PHOTOGRAPH: JAY GRAHAM. GARDEN DESIGN: JACQUELINE KRONER. REGIONAL EDITOR: HEATHER LOBDELL

Storybook bouquets

You don't need lots of space to grow a cutting garden. This small, 8×10-foot bed provides nosegays all summer long. Bouquets from this garden bloom in a mix of annuals and perennials, including pink cosmos, purple larkspur, old-fashioned daisies, and orange dahlias. The secret to larger-than-life flowers? Growing in soil that's rich in organic matter.

Buying Information, page 146



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the future looked pretty good: a sail boat
and a
But wind and sunburn got old.
And wet.
So you charted a different course:
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A career.
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of your remodeled home looks, well, great.
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Maybe you committed to

Heeling back,
romantic vision.
Great Room
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romance after all?

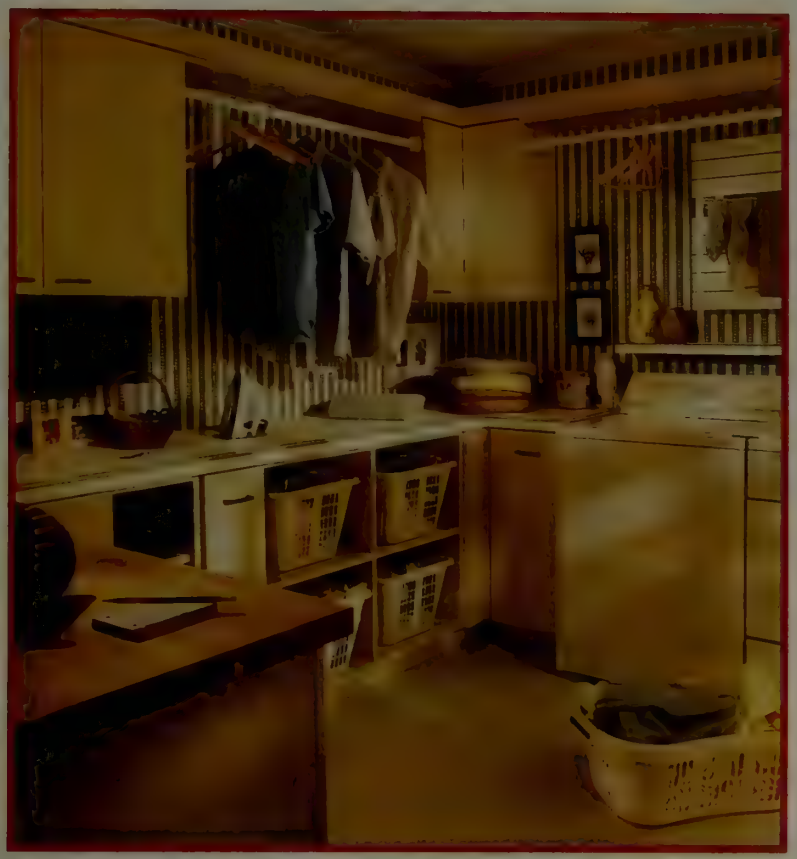


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ULTIMATE

laundry room



So, spending the afternoon in the laundry room isn't your notion of a great time. We figured as much. That's why *Better Homes and Gardens*® and Whirlpool put together a wish list of laundry room features that go beyond the basics. While the ideas may be downright dreamy, our creation is no pie-in-the-sky endeavor. You too can build a laundry in which it's a pleasure to spend time.

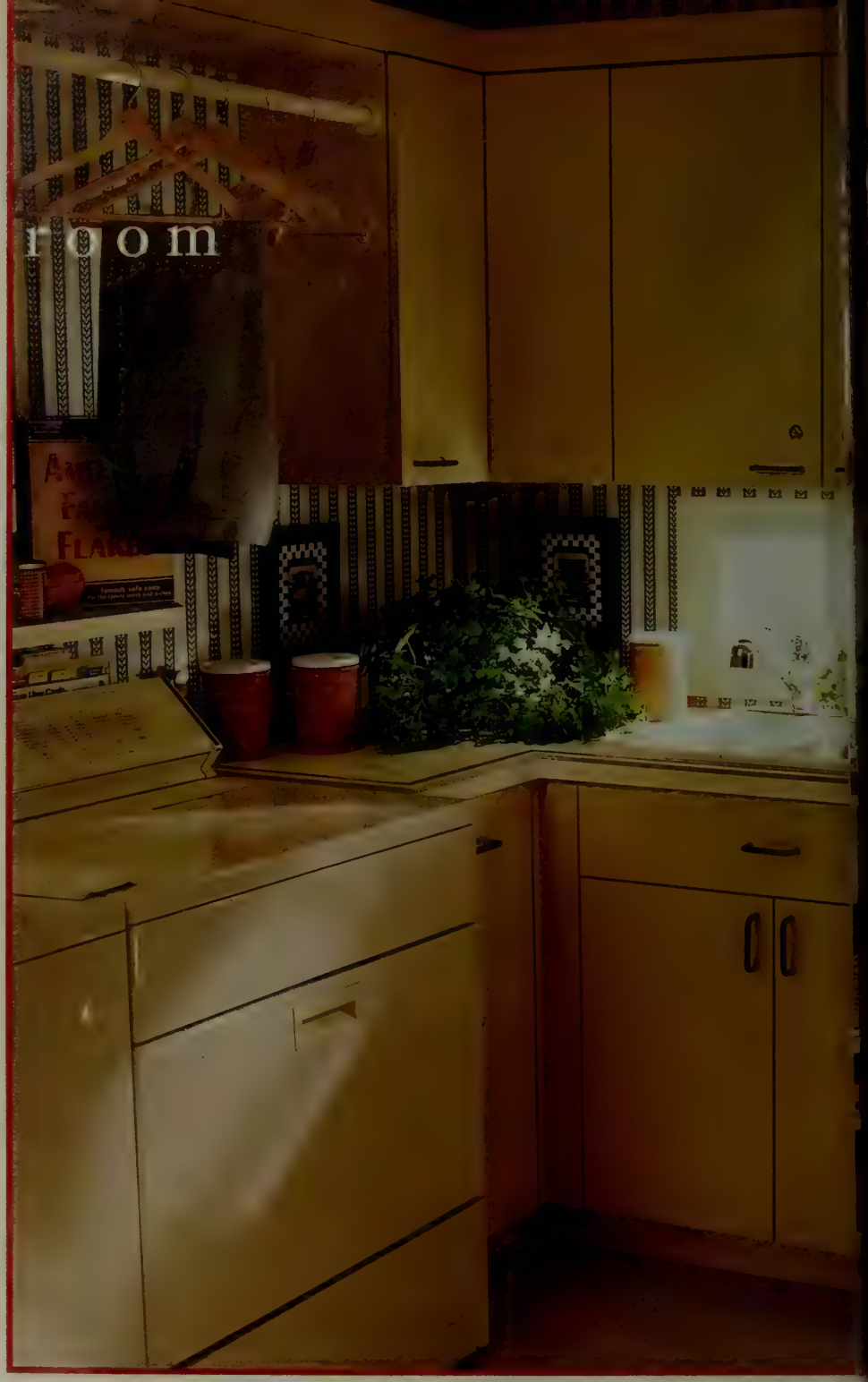
by
Steven Greenhut and Joseph Boehm

PHOTOGRAPHS: JIM HEDRICH; HEDRICH-BLESSING. PHOTO STYLING: SUSAN LONG

laundry room



A The wall-mounted radiator, *above,* not only warms the room, it serves as a great place to dry items you don't want to put through the dryer. Note these step savers: a small detergent shelf and a hanging rod to whisk permanent press garments from the dryer to hangers to avoid wrinkles.



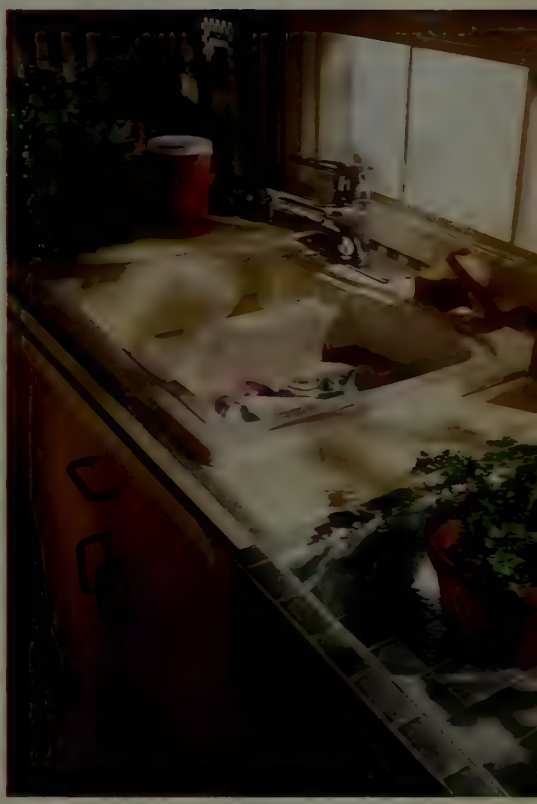


B Bubbles and bleach aren't all that go on in this laundry. We eked out a quiet spot, *left,* for your favorite hobby. A butcher block counter is ideal for tying some flies, arranging dried flowers, or writing long letters. Simple maple-look laminate cabinetry stores all the needed supplies. A corkboard serves as communication central for a busy family.



DESIGNER ANN PATTERSON, CITY DESIGN
ILLUSTRATION: CARSON ODE





C While you soak grass stains out of your toddler's knickers, you can trim potted flowering plants. Window-front shelves serve as a low-cost greenhouse. A dry sink offers a spot to plant. For easy watering, the faucet features an extra-long pullout spray.



Two important principles guided our design. First, we insisted on an efficient layout packed with real time-savers rather than gimmickry. Second, because we wanted to surround you in good cheer, we opted for warm tones and truckloads of daylight—features that are far from typical in such a utilitarian room.

D No one enjoys dealing with Felix's litter or sorting the week's trash. That's why our design helps you handle these unpleasantries with little bother. Placed below the custom kitty door, the litter pan slides out for changing while a fresh litter bag rests on the shelf above. Pullout recycling bins and an under-counter spot for a full-size trash can make garbage day a snap.





F A clever wrapping center is another reason you will want to spend time in the laundry room. We built this center using stock cabinets and other buyables. Boxes and bows fit into drawers and cubbies; paper pulls down from a built-in dowel. When you're done wrapping presents, simply close the cabinetry.

Washer and dryer: WHIRLPOOL CORP. Cabinetry: HERITAGE. Cabinet door pulls: HEWI. Countertops and cabinet laminate: WILSONART. Vinyl flooring: ARMSTRONG. Radiator: RUNTAL. Plastic bins, trash cans, and accessories: RUBBERMAID. Ceramic tile on dry sink: BRIARE TILE. Wallpaper: HINSON & CO. Faucet and sink: KOHLER

laundry room

Buying information, page 146

E You'll save endless trips to the store with a giant, economy-size detergent bin. The plastic trash container is secured to a cabinet door that's hinged on the bottom—not the side—for easy opening. To prevent the detergent from tipping onto the floor, a bracket allows only a 45-degree tilt. Another nifty notion is the four open shelves under the folding counter—each family member gets a clothes bin.



TO ORDER PLANS

A COMPLETE 7-IN-1 PLAN for this idea-packed Laundry Room is available exclusively from *Better Homes and Gardens®* magazine. The plan contains photographs, individual materials lists, and step-by-step construction details for each of the specialized areas within the room, including: the Herb and Flower Drying Rack, Workbench and Home Office, Gift Wrap and Craft Center, Recycling Center, Ventilated Kitty House, Dry Sink/Potting Center, and Laundry Facilities (sorting center, folding counter, permanent press/drip-dry clothes rods, in-wall radiator, and tilt-out soap storage/lint disposal bins). TO ORDER THE PLAN with a Mastercard, Visa, or American Express card, call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066. To mail order, send check or money order for $24.95 to *BH&G* Reader Shopping, Dept. 9507, Box 9128, Des Moines, IA 50306-9128. The price of the plan includes shipping, handling, and sales tax, if applicable.


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fresh and friendly decorating

by Sandra S. Soria and Suzy Farbman



PHOTOGRAPHS: BETH SINGER

Creating a home that welcomes with open charms is easy when you put your decorating to this homeowner's test: Do your furnishings live as great as they look? These do. Just ask Mulligan the dog, who snuggles happily on stainproofed chintz.



From pantry shed to entryway, this small space plays important roles. To make it pretty and practical, lumber store exterior brackets support shelves in an eye-catching way. A washstand works hard and serves as a bright focal point, drawing the eye through the tunnel-like room.

fresh and friendly decorating



For charm with substance, weathered benches add life to a corner in the "entry" and serve as a handy drop for the dog's leash, keys, or mail. A lineup of milk bottles lends height and a place to plunk blooms.

Forget a highfalutin entryway. Homeowner Barbara directs her guests to the back door, where they are greeted by the perky and far-from-pretentious "mudroom," *left*. It's the perfect introduction to this 1,900-square-foot cottage. "I wanted this house to be carefree, comfortable, and just for fun," says Barbara. "Guests know they can come in wearing sandy bathing suits. My dog climbs on the furniture. And our grown kids, Harley, Amy, and Scott, feel this is really 'home.' "

Barbara makes the house a home with some things old, some things new, and lots of things blue, all of which gather in a lighthearted mélange that feels as fresh as the breeze that wafts in from nearby Lake Michigan.



Leading to the back door, the primary entrance of the house, this profuse cutting garden welcomes visitors in grand style. It also gives Barbara the pretty blooms that color her home and enhance its casual, easy feeling.

It was the inherent charm of the 90-year-old house that nurtured Barbara's collecting instincts. "My girlfriend told me if I'm going to live in a cottage, I have to collect," she says. An avid gardener, she took her friend's advice and began seeking containers for the summer flowers that thrive outside her back door. Once inside, visitors receive a bright greeting *above*, from stems dropped into antique

and friendly

milk bottles. Corralled on small weathered benches, the bottles grace an awkward corner in the mudroom. The whole room works hard but looks great, thanks to easy decorative touches—from curly shelf brackets to a bright cotton rug—that announce the easy style and refreshing hues beyond.

The next stop is the breakfast area of the home's sunny kitchen, where the family relaxes in import-store wicker chairs instead of typical dining chairs. "My husband, Jerry, and I tend to nest here," says Barbara. "If this table could talk, it would tell great stories—and pass along plenty of gossip!"



In a friendly ticking stripe, to-the-floor curtains form a visual bridge between furniture and high ceilings. A relaxed, asymmetrical mantelscape gets height from fresh flowers, replaced by a framed poster when they're out of season.

Here and elsewhere in the home, a soft blue and white color palette gives this home its fresh-air feeling. The classic two-hue palette makes decorating a breeze, too. For eye interest, Barbara varies the scale of the floral patterns, using a medium-size overall pattern on the wall and, for impact, a larger motif on the more confined area of the pillow. Geometrics—stripes, checks, and plaids—mix in almost as easily as a solid would, but lend more snap to set off the florals.

Though more soft colors are added to the living room, *above left,* fewer patterns make an appearance here. Instead, Barbara uses lots of white on the walls and key seating pieces





Mounted just above the window's midpoint for graceful height, simple tied-on curtains allow the sun's warm rays to peek in but block a view of the house next door. The eating area is cheered by easy-care cotton fabrics in mix-able blue and white.



fresh and friendly decorating

to preserve the calm. "I started to do the whole house in all white with blue accents," she says, "but that seemed too cool so color began to creep in."

Their need for color warmth was obviously satisfied in the living room, because upstairs the couple looks skyward once more for a serene color scheme. The room reaches for the sky in other ways as well: The couple removed the second floor ceiling and most of the walls, revealing attic gables and windows. The remodeling turned a warren of small rooms into this dramatic master suite. A graceful iron four-poster emphasizes the room's soaring heights. Barbara tied on a Battenberg lace bedcover as a romantic and practical canopy—it filters the sun from new skylights and also creates a cozier "room within a room" in the wide-open space. Subtle hints of blue sneak in on mattress-ticking upholstery, as well as oxford-striped bed linens and vintage quilts. These soft, countrified accents join with whitewashed pine and curvy iron to counter the crisp lines of the architecture with a



To save money and gain personality, Barb splurged on a ruffly designer top sheet, then used less pricey cotton solids. The quilt adds homespun charm without spoiling the room's subtle palette.

In their newly remodeled master suite, the owners wanted a serene, sophisticated retreat without breaking completely from a soft cottage feeling. They poured on white, then warmed the room with curvy iron, mattress ticking, and pine.



A cheery mix of bright blue and white fabrics lends vivid contrast to a collection of old white wicker for style that's simple, yet welcoming. The covers zip off for machine washing.

gentleness that's in keeping with the cottage character.

That peaceful, easy feeling certainly lingers on the front porch—and so do Barbara and Jerry's guests—thanks to the comforting medley of cushions and cloths sewn mostly from tablecloths and napkins in the right bright blue. "We've given up trying to pull our guests inside for supper," says Barbara. "We're now ready with trays to bring the food to them."

If you had a workhorse like this, you'd be smiling too.



Chant, Troy, MT

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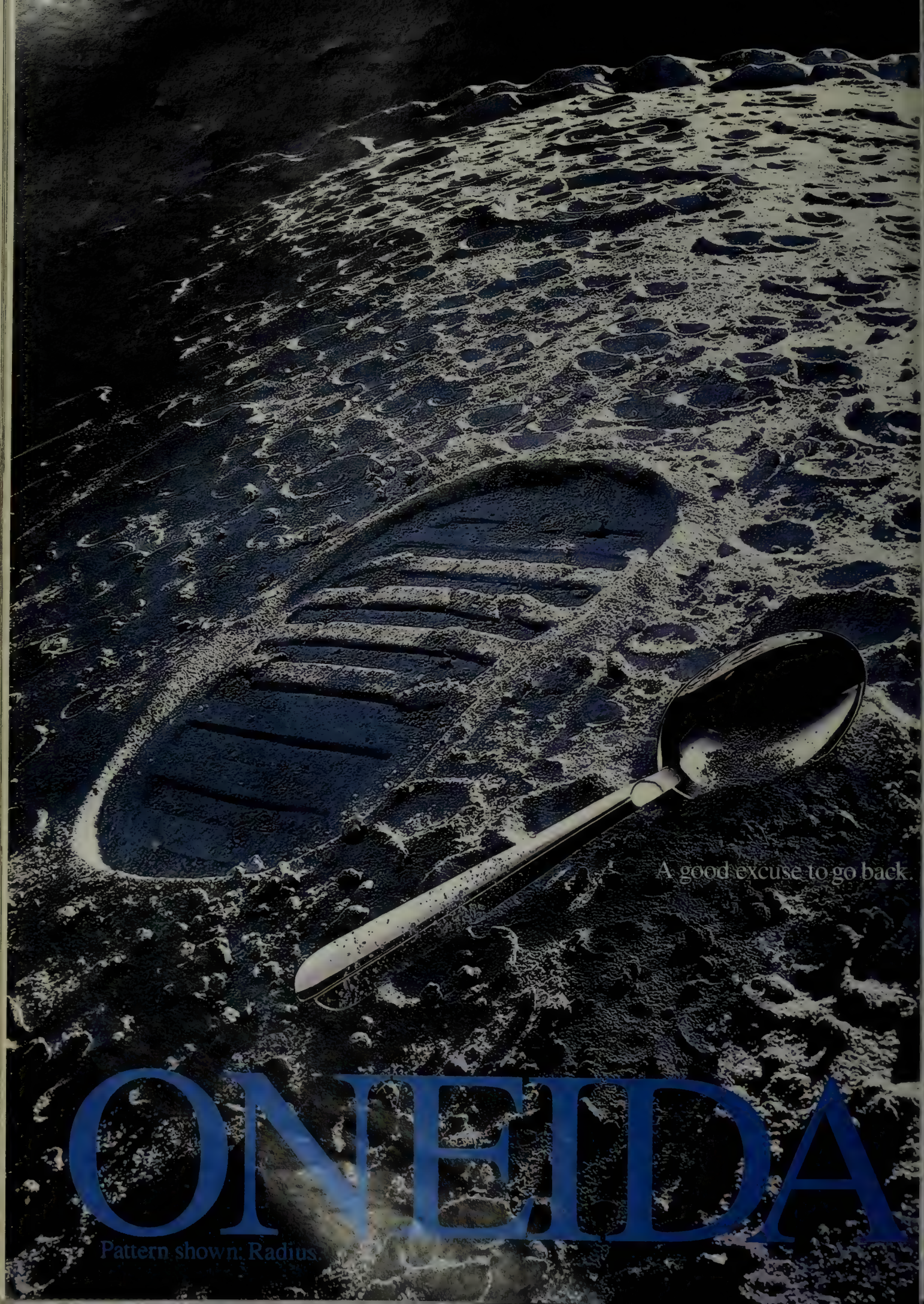
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weekend



decorating

Oh, what a difference a weekend makes. With a little effort, any room with that worn-out, "thank-goodness-it's-Friday" look at week's end can be refreshed and ready to delight you (for months to come) by Sunday. For success without frustration, pick just one area that needs work, adapt the following surefire strategies to your own taste, and plan ahead so that all the materials you need are on hand by Friday night. Ready? Set? Go! A beautiful "new" room is only two days away....

weekend decorating

Ahh! Fresh-squeezed juice and golden sun are all the more appealing when enjoyed in a setting that's equally vibrant. Radiant mood-lifting fabrics alone can bring solarium-style warmth to any windowed area, but why stop there? Here, we rounded out a charming bay with a curvaceous tea table, then added a mix of chairs to create more coveted "window seats." With its friendlier look, this bright and dreamy getaway now can host spirited gatherings or serve as a takeoff point for solo flights of fancy.



from start to finish →

Sew scenic window curtains *in sunny, coordinated fabrics to turn a cool bay into a warm time-out spot. For fuss-free ease, use coordinated fabrics that take the guesswork out of pattern mixing and opt for a treatment that needs only simple, straight seams. Here, harlequin side curtains frame a pictorial "vacation" print that's stitched into flat panels and clipped to cafe rings. Matching pillows and seat cushions complete the setting. Curtain and cushion how-to, page 132.*

Plant an indoor window box. *Easy to transport, a small window box brings blooming color to your table, yet whisks outside easily when plants need an extra dose of sunshine.*

Buy a table and chairs *to turn a bay into a dining spot. Do as we did and head for your nearest import store to find good design at a good price—and furniture in stock for immediate use. We chose go-with-anything wicker chairs (already painted a radiant yellow) and a kindred table for a dash of sidewalk café ambience.*





weekend decorating

A fresh coat of sunset-hued paint and a cozier room arrangement can be the start of something great. Here, we gave white walls a coat of warm paint, then reshuffled the sofas to snugly enclose the fireside sitting spot. The grand finale? Beefed-up accessories—a trio of framed pictures, soft window curtains, a floor screen, and green plants—that turn a good room into one that's simply irresistible.



from start to finish

Paint walls *for warmth. A soft melon, yellow, or pink tint can seem almost as neutral as white yet, oh, so much more interesting. In a hurry? Have someone tape off the woodwork while you get rolling.*

Rearrange seating pieces *so they surround you like a hug. Here, we snuggled the sofa and love seat "arm-in-arm" to add coziness and make room for a fireside tea table and chair.*

Sew window panels and pillows. *Strappy "sundresses" add softness and serve as comforting sunblocks, too. On the pillows, striped fabric becomes more interesting when stitched into a square pattern.* *How-to, page 132.*

Accessorize and dramatize. *Good things come in threes, especially when it comes to accessories. Give that lone (and lonely) picture on the mantel a couple of friends to visually widen a narrow chimney wall.*

Build a divider screen. *Hinged together, shutters wrap part of a sofa for instant intimacy.*





weekend decorating

Feel a nap coming on? Don't fight it. A quick-and-easy project like this means you'll be snoozin' in the sun by Saturday afternoon. (OK, so we lied about the weekend thing. Turning a porch into a glorious getaway is about a one-day job, unless you have exterior painting to do.) With a couple of comfy rush-seat chairs to build on, all you'll need are tie-on panels of fabric to brighten chair backs and pillows and a hammock to hang. Now, toss in a pillow and a quilt for softness, and you're done. Mint juleps, anyone?



from start to finish

Find fabrics. *Weekend decorating goes smoothly when you shop ahead. Buy fabrics off the rack or order special fabrics so that they're on hand when you're ready to get sewing.*

Stitch back "slips" for chairs. *Comfortable rockers like these don't need heavy padding, but they can benefit from a little color and pattern. Here, we sewed little slips of fabric to lift a bit of fresh grassy-green up onto the porch. How-to, page 132.*

Hang a hammock. *The most comfortable hammocks are those that have wood stretcher bars at the head and feet. Hang with S-hooks, heavy-duty chain, and heavy-duty screw eyes screwed into solid wood trim boards and porch framing members. Or, buy a hammock with its own metal stand.*

Fluff hammock and tables. *Who says open porches have to suffer with bare-bones furnishings? Keep a few soft pillows, a quilt, and bright napkins or tablecloths at hand in a closet or chest near the door, so you toss them in and out easily.*







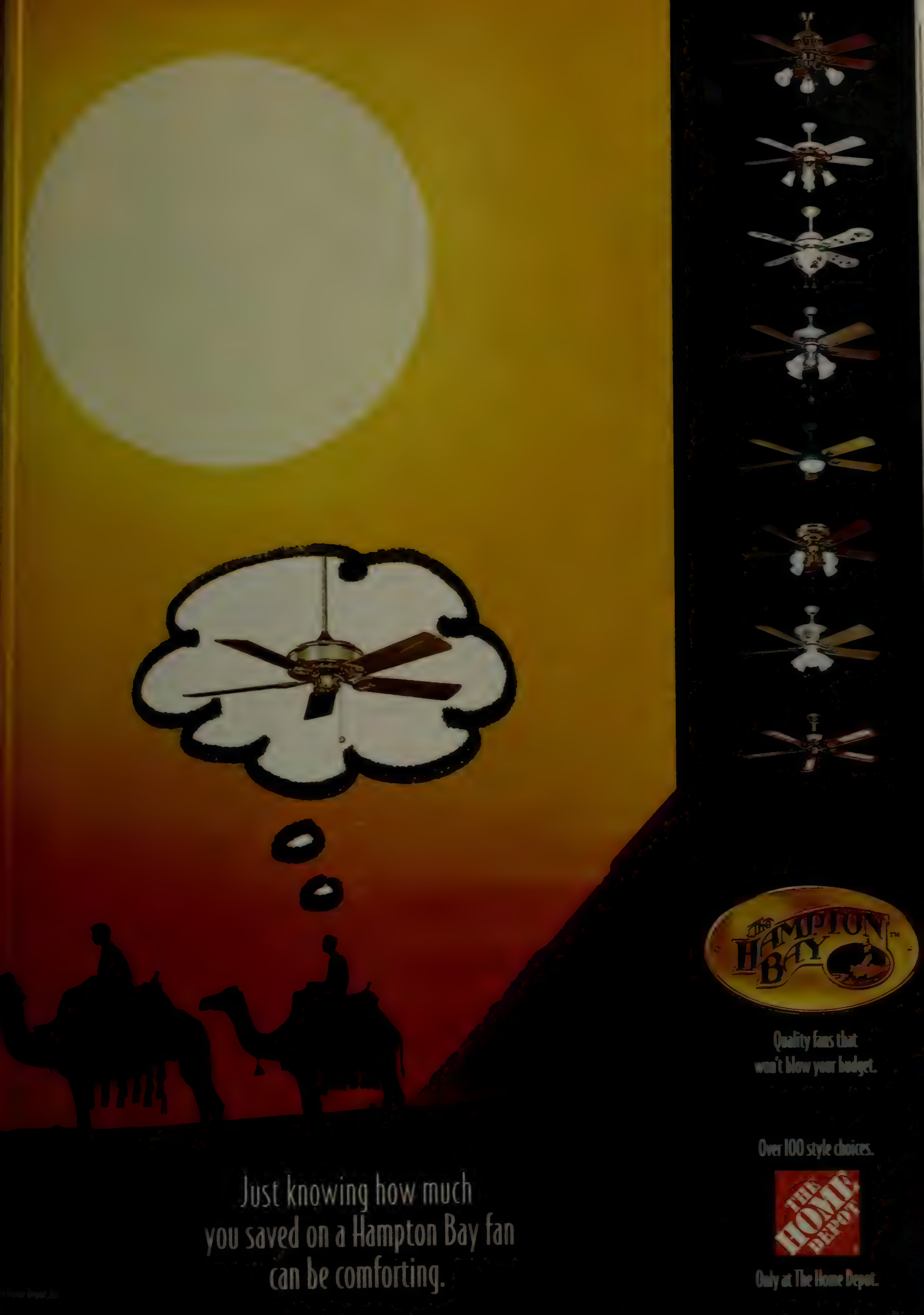
Work is almost done, and it's time for your "just deserts"—or maybe just breakfast. With fresh colors and dollops of sun on the side, everyday cereal becomes a special reward.

Create a naturally appealing color palette. *Crisp whites and touches of daisy yellow enliven an array of fresh greens that are purposely mixed, not matched, to mimic nature's own variety. Here, the greens visually link this porch's dining spot to the verdant hues in the garden just beyond.*

Have fun with patterns. *Start with a floral tablecloth, such as this bright yet nostalgic flea-market find. On top, layer snappy geometrics—bold import-store dishes and napkins in stripes and checks. Because some outdoor foods—corn on the cob and barbecued ribs, for example—demand ample napkins, do as we did and replace standard ones with handsomely striped, easy-care dishtowels. Here, we layered the towels in a basket for easy grabbing and to serve as a pretty and practical centerpiece.*

How-to begins on page 132

Buying Information, page 146


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Weekend Decorating

continued from page 130

KNIFE-EDGE PILLOW

Materials: ½ yard fabric; fiberfill.
Instructions: Cut two 18-inch squares of fabric. Join squares, right sides facing and using ½-inch seams; leave an opening for turning. Turn, press, and stuff. Sew opening closed.

DINING ROOM CURTAINS

Materials: Vacation print, harlequin print, and white fabric for lining (see instructions to determine yardages); cafe rings; short curtain rods.
Instructions: Half-panel: For height, measure window height, divide by two, and subtract height of cafe rings; for width, measure width of window and multiply by two. Draw rectangle pattern; add ½-inch seams.

Cut one rectangle *each* from vacation print and white fabric. Join rectangles with right sides facing, leaving an opening for turning. Turn panel, press, and sew opening closed. Topstitch around panel, 1 inch from edge. Clip cafe rings to panel.

Side-panel: Measure height of window, and add 1½ inches for rod pocket; measure width of area to be covered and multiply by two. Draw rectangle pattern; add ½-inch seams. Cut one rectangle *each* from harlequin print and white fabric. Sew as for half-panel. Press under 1½ inches at top for rod pocket; sew pocket.

WINDOWSEAT CUSHIONS

Materials: Fabric and ¼-inch-diameter cording (see instructions to determine yardages); zippers (one for each cushion).
Instructions: Carefully remove foam from cushions, then rip out cushion seams; use fabric pieces for patterns. Or, for cushion top and bottom pattern, trace around cushion onto tracing paper; add ½-inch seams. For side pattern, measure cushion height and around cushion (for length). Draw shape onto tracing paper; add ½-inch seams. For cording yardage, double the length of the side pattern and add 5 inches.

For each cushion, cut out top, bottom, and side piece from fabric. Cut and piece 2-inch-wide bias fabric strips to cover cording. For piping, cover cording with bias strip; sew. Cut piping in half. Sew piping to right side of top and bottom pieces. Clip curves. Join short ends of side strip with right sides facing; stitch. Sew one long edge of side strip to bottom piece, sewing a zipper into the center of back seam. Unzip zipper. Sew top to remaining long edge of side. Turn. Insert foam; zip closed.

SUNDRESS CURTAIN PANEL

Materials: Print fabric and white cotton fabric for curtain panel; striped fabric for hanging loops (see instructions to determine yardages).
Instructions: For curtain panel pattern, measure from top of window to within 1 inch of floor, and subtract 5 inches for hanging loops; measure width of window and multiply by two. Add ½-inch seams.

Each hanging loop is 4×52 inches, including ½-inch seams; allow about 6 inches between each set of loops.

Sew panel as directed for dining room half-panel, *left.*

For each loop, press strip in half lengthwise, right sides facing. Join raw edges, leaving an opening for turning. Clip corners, turn, and press. Sew opening closed. Fold strip in half widthwise. Sew across width 5 inches from fold to form loop. Pin stitched loop line to front of curtain panel, ¼ inch from top; sew in place.

STRIPED KNIFE-EDGE PILLOW

Materials: 1¼ yards of 54-inch-wide striped fabric; fiberfill.
Instructions: Draw a 24-inch square onto tracing paper. Divide square diagonally from lower left corner to upper right corner. Again, divide square diagonally, this time from lower right corner to upper left corner. Cut apart triangles. Add ½-inch seams to one triangle for pattern.

Mark and cut 8 *matching* triangles from fabric. To make pillow front: Join two triangles, right sides facing, along one short side, matching stripes; press seam. Repeat with 2 more triangles. Join assembled triangles to form a square. Sew pillow back in same manner with remaining triangles. Assemble pillow as directed for knife-edge pillow, *left.*

TIE-ON ROCKER SLIP

Materials: Fabric (see instructions below to determine yardage).
Instructions: Draw slip pattern onto tracing paper, measuring width and height of rocker back; add ½-inch seams. Purchase yardage for two rectangles, plus 10×30 inches for ties. Cut two rectangles and four 2½×30-inch ties from fabric.

For each tie, press under seams on long sides and one short side. Fold tie in half lengthwise, wrong sides facing; topstitch. Baste raw edges of ties together in pairs. With right sides facing, match raw edge of one pair of ties to top edge of one rectangle (place ties to inside of each long side seam); baste. With right sides facing, join rectangles, leaving an opening at bottom edge for turning; do not catch ties in stitching. Turn, press, and sew opening. Topstitch around rectangle, 1 inch from edge.

TIE-ON PILLOW COVER

Materials: Two 16×19-inch pieces of white fabric; ⅔ yard of print fabric; fiberfill.
Instructions: Sew pillow from white rectangles, following instructions for Knife-Edge Pillow, *above left.*

From print, cut 17×37-inch rectangle (pillow slip) and four 3×27-inch ties (½-inch seams are included).

Sew ties as directed for Rocker Slip ties, *above.* Join short sides of rectangle, right sides facing. Press seam. Fold piece flat, with seam in center back. Sew pillow bottom. At top, press under ½ inch, then 1 inch; sew. Turn. Pin short (finished) edge of two ties to top of pillow-slip front, placing ties 5 inches from each side; topstitch. Sew corresponding ties to pillow-slip back. Knot ends of ties. Insert pillow; knot ties together.



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S I N G E R

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Gulp. Time for the old cram-all-your-groceries-into-the-refrigerator trick.



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ARCHITECT: KEN DAHLIN. PHOTOGRAPHS: BRYAN WHITNEY. FLOOR PLANS: CARSON ODE

By Steven Greenhut and Joseph Boehm

YES, YOU CAN BUILD A BEAUTY ON A BUDGET.

Great design, careful planning, and plenty of elbow grease are more important than deep pockets when it comes to building your dream vacation home. After they knocked down the tiny old family vacation cottage, Pastor Ron Held and his wife LaDon built this glorious view-filled charmer for about $70,000. "It sure wasn't easy," Ron relates. The Helds' whole family—who were enlisted to help build the house—would surely nod in agreement. But the results are just astonishing. Let their successful story inspire you.

lakefront inspiration

THIS BUNGALOW IS SIMPLE, WELL-CRAFTED, AND ORIENTED TO NATURE.



From basic design to finish materials, this vacation home balances quality and cost. In keeping with bungalow style, the home was inexpensive to build because of its uncomplicated rectangular shape and modest size. Such subtlety, however, adds to its beauty. Built on the grounds of an old church camp, the home draws attention without overwhelming the tiny neighboring cottages. A compact front exterior yields to a dramatic rear elevation that takes in breathtaking views of Spencer Lake, Wisconsin. Inside, the



The building project was a real family affair—the Helds and their kin built the home from scratch.



Hunker down in the inglenook and enjoy a warm fire and a good book. Oak paneling and trim, slate tile, and a Craftsman-style sofa with a willow chair give this new home the aura of a 1920s cottage in the woods.



lake*front* inspiration

ALTHOUGH THE HOME EXUDES STYLE, ITS SIMPLE CHARM NEVER OVERWHELMS ITS MODEST NEIGHBORS.





To order plans, see page 144

Remember when a vacation cottage meant dark wood, low ceilings, and moose heads mounted above the fireplace? The main living room in this cottage evokes images of old hunting lodges with its twig furniture, comfy sofas, and woody trim. But the home's large windows, towering ceiling, light cabinetry and crisp white walls create an atmosphere that's bright, sunny, and fresh.



lakefront inspiration



SENSIBLE SPLURGES GIVE THIS HOME PLENTY OF CHARM ON THE CHEAP.

home's 1,700 square feet of space accommodates a large living room and cozy sitting area, two bedrooms, and a loft with telescopic views to the waterfront. Plenty big for vacations now, the home offers a walkout basement for expansion when the Helds reach retirement age.

How can such a reasonably priced home have such distinction? First, architect Ken Dahlin incorporated dramatic yet simple features into the design. These include a cathedral ceiling, an airy loft, and interesting floor plan ideas (such as the inglenook and shapely kitchen). Second, the Helds opted for basic natural materials that offer classic beauty for less. They chose a knottier variety of natural oak floors, unadorned wood interior trim, and a good quality, yet less costly, grade of vinyl siding. Third, even though they kept

Despite narrow dimensions, the kitchen is a pleasure to cook in. By angling the stove and microwave, the Helds avoided a cramped corner. Opening the peninsula to the dining room and popping up the ceiling adds a sunny and open feeling. Simple oak cabinets bestow a quality look at a reasonable cost. Solid surface edging enlivens the slate-look laminate counters.



The airy loft peers out the two-story window to the lake. The muntins are shaped like a cross—an inspiring touch Pastor Held suggested.



lake*front* inspiration

interior detailing to a minimum to reduce costs, they knew when to splurge. They invested in fine oak paneling and slate tile in the sitting nook because dressing up this small area dramatizes the entire first floor. Solid surface edging on laminate counters and elaborate trim on the tops of the kitchen cabinetry are other instances where small doses of fine detailing influence large spaces. Other savvy material choices—such as colorful exterior trim and textured vinyl shakes—perk up the design without adding much cost. "We planned all our choices carefully," says LaDon. Such care truly shows—in the home's beauty as well as in the final budget.

Vinyl siding: Wolverine. Wood flooring: Bruce Floors. Carpeting and area rugs: Karastan. Furniture: Bassett. Twig tables and side chair: La Lune Collection. Kitchen cabinets. Timberlake Cabinet Co.. Counters: Wilsonart laminate edged in Gibraltar. Sink and faucet: Moen. Appliances: Jenn-Air. Buying guide, see page 146



The front-facing bedroom, *above*, is a sunny spot thanks to two oversize windows. The main living spaces all look out over views as dramatic as this one, *right*.



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lakefront inspiration

continued from page 142



HOME PLANS TO BUY

Better Homes and Gardens® magazine has blueprints available for the Lakefront Inspiration vacation home shown in the feature on *pages 135 to 142.* If you do not wish to purchase complete plans at this time, but are interested in more information, we suggest the Study Plan.

STUDY PLAN

The eight-page Study Plan booklet includes all four elevations, kitchen and bath cabinet elevations, floor plan diagrams including room dimensions, and general information about the home. *Although the Study Plan cannot be used for construction,* it will be a valuable aid in selecting a lot on which to build and in making inquiries with a builder.

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SHOPPING

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

GARDENER'S ALMANAC

Page 80: sedum—Carroll Gardens, Inc., 444 E. Main St., P.O. Box 310, Westminster, MD 21158; 800/638-6334. Rudbeckia—Carroll Gardens, Inc., (address above). Wayside Gardens, 1 Garden Ln., Hodges, SC 29695-0001; 800/845-1124. **Zinnia, cosmos, sunflower**—W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; 215/674-4900. Park Seed, Cokesbury Rd., Greenwood, SC 19647-0001; 800/845-3369.

HIGH SUMMER COLOR

Pages 83–88: allium, Betty Prior roses, dahlias, monarda, daylilies—Carroll Gardens Inc., 444 E. Main St., P.O. Box 310, Westminster, MD 21158; 800/638-6334. **Hydrangea**—Carroll Gardens Inc., (address above). Wayside Gardens, 1 Garden Ln., Hodges, SC 29695-0001; 800/845-1124. **Blue fescue**—Kurt Bluemel Inc., 2740 Greene Ln., Baldwin, MD 21013-9523; 410/557-7229. Limerock Ornamental Grasses, R.D. 1, Box 111-C, Port Matilda, PA 16870; 814/692-2272. **Dahlias, monarda, daylilies**—Jackson & Perkins, P.O. Box 1028, Medford, OR 97501; 800/292-4769. **Cosmos, larkspur**—Park Seed, Cokesbury Rd., Greenwood, SC 19647-0001; 800/845-3369. W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; 215/674-4900.

ULTIMATE LAUNDRY ROOM

Page 91: cabinetry—Heritage, 215 Diller Ave., New Holland, PA 17557. **Countertops, cabinet laminate**—Wilsonart Laminate, 600 General Bruce Dr., Temple, TX 76503-6110. **Washer, dryer**—Whirlpool Corp., 2000 US 33 North, Benton Harbor, MI 49022; 800/253-1301. **Cabinet hardware**—HEWI Inc., 2851 Old Tree Dr., Lancaster, PA 17603. **Flooring**—Armstrong World Ind., Inc., P.O. Box 3001, Lancaster, PA 17604. **Wall radiator**—Runtal North America, Inc., 187 Neck Rd., Ward Hill, MA 01835. **Wallpaper**—Hinson & Co., 979 Third Ave., New York, NY 10022. **Laundry baskets and other storage units, accessories**—Rubbermaid Inc., 1147 Akron Rd., Wooster, OH 44691.

Pages 92–94: sink, faucet—Kohler Co., Kohler, WI 53044. **Dry sink ceramic tile**—Briare Tile, 6152 Wenrich Dr., San Diego, CA 92120. **Wallpaper**—Hinson & Co. (address above). **Countertops, cabinet laminate**—Wilsonart Laminate (address above). **Flooring background,** "Muslin White" No. 68681; **leaf pattern,** "Lichen Green" No. 68684—Armstrong World Ind., Inc. (address above). **Wall radiator**—Runtal North America, Inc. (address above). **Fly fishing gear**—Slate Run Tackle Shop, Box 1, Rte. 414, Slate Run, PA 17769.

FRESH AND FRIENDLY DECORATING

Pages 98–99: curtain fabric, "Jasmine" (blue/white)—The Ralph Lauren Home Collection, 1185 Avenue of the Americas, New York, NY 10036.

Pages 100–101 (*left*): drapery fabric, "Classic Ticking" (blue)—available from designers and architects through F. Schumacher. (*Right*): **curtain fabric,** "Jasmine" (blue/white)—The Ralph Lauren Home Collection, 1185 Avenue of the Americas, New York, NY 10036.

Pages 102–103: sofa fabric, "Classic Ticking" (blue/white)—available from designers and architects through F. Schumacher.

WEEKEND DECORATING

Page 123: rocker back slip fabric, "La Poeme" (Canary); **pillow fabric,** "Mistral" (Canary), from A Year in Provence Collection by Bloomcraft—Calico Corners, 800/777-9933.

Pages 124–125: bench, pillow, and drapery fabric, "Harlequin," (Canary); **pillow fabric,** "La Vie En Rose" (Canary); **short curtain fabric,** "Vacances" (Canary), from A Year in Provence Collection by Bloomcraft—Calico Corners, 800/777-9933. **Bali dining chairs,** (yellow); **table base,** "Bistro" (black), from the Antiqua Collection; **glass tabletop** (36-inch round)—Pier 1 Imports, 800/447-4371. **Curtain clips,** A766—City Curtains, Red Lion Inn, Stockbridge, MA 01262; 800/244-6040.

Pages 126–127: pillow and drapery tie fabric, "Tahiti" (Maize), from the Paradise Collection by Braemore—Calico Corners, 800/777-9933. **Drapery fabric,** "Mistral" (Famille Rose), from A Year in Provence Collection by Bloomcraft—Calico Corners, 800/777-9933. **3.5-inch wood shutters**—The Shuttery of Nanik, 720 S. 75th Ave., Wausau, WI 54401; 800/685-5551. **Wooden bowls**—Weston Bowl Mill, P.O. Box 218, Weston, VT 05161; 802/824-6219. **Frames** (available in a kit set)—The Art Store, 800/652-2225.

Pages 128–129: hammock, "Original Pawley's Island Rope Hammock," No. 12OC—The Pawley's Island Hammock Co., for a retailer near you, please call 800/845-0311. **Rocker back slip fabric,** "La Poeme" (Canary), from A Year in Provence Collection by Bloomcraft—Calico Corners, 800/777-9933.

Page 130: chair, "Super Seat" (mint)—Pier 1 Imports, 800/447-4371.

LAKEFRONT INSPIRATION

Page 135: vinyl siding (lap siding, shakes, and trim)—Wolverine Technologies, 17199 Laurel Park Dr. N, Livonia, MI 48152-2679; 800/452-2152. **Exterior low-voltage lights**—Intermatic Inc., Intermatic Plaza, Spring Grove, IL 60081-9698. **Windows**—SEMCO, South Nast St., Merrill, WI 54452.

Pages 136–137: hardwood floors—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248; 800/722-4647. **Front door**—Peachtree Doors & Windows, P.O. Box 5700, Norcross, GA 30091; 800/477-6544. **Sofa,** No. 7840-42; **cover,** "Jewel" No. J640-9; **coffee table,** No. 6A92-613, Wilderness Retreat Collection—Bassett Furniture Ind., Inc., P.O. Box 626, Bassett, VA 24055. **Willow chair,** No. 110C—La Lune Collection, 930 E. Burleigh St., Milwaukee, WI 53212. **Cover fabric,** Rodeo, "Khaki" No. 609691—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016. **Lamp**—Galbraith Paper Co., 307 N. Third St., Philadelphia, PA 19106; 215/923-4623. **Artwork**—Anita Munman Design, 729 S. Carpenter Ave., Oak Park, IL 60304; 708/383-9389. **Twig and bark accessories, picturesque pillow**—Lady Slipper Designs, Rt. 3, Box 556, Bemidji, MN 56601; 218/751-0410. **Area rug,** Turkish Church Pattern, No. 553, Colonial Williamsburg Collection—Karastan-Bigelow, A Div. of Fieldcrest Cannon, 725 N. Regional Rd., P.O. Box 27050, Greensboro, NC 27425-7050.

Pages 138–139: windows—SEMCO (address above). **Paint,** "Antique White"—The Hallman-Lindsay Paint Co., P.O. Box 109, Sun Prairie, WI 53590. **Leather loveseat,** No. 9268-42; **chair,** No. 9268-12; **cover,** "Saddle" L881-2 leather; **armchair,** No. 7840-12; **cover,** No. 0267-9; **dining room table,** No. 4076-446 Legend collection; **dining arm and side chairs,** No. 6A92-684 and No. 6A92-685; **cover,** "Jewel" No. 0267-9—Bassett Furniture Ind., Inc. (address above). **Area rug,** Kerman Vase, No. 557, The Colonial Williamsburg Collection—Karastan-Bigelow (address above). **Octagon coffee table,** No. 740; **end table,** No. 290 PS; **barstool,** No. 1708S—La Lune Collection (address above). **Floor lamp**—Galbraith Paper Co. (address above). **Green clock**—The Gear Collection; **twig and bark accessories**—Lady Slipper Designs (address above). **Antique pinecone prints,** one-of-a-kind prints—Artifacts, 190 Elmwood Rd., South Salem, NY 10590; 914/533-6793. **Dancing bear candlestick,** N74673 M967—Eddie Bauer Home, P.O. Box 3700, Seattle, WA 98124; 800/426-8020. **Kitchen cabinets, door pulls**—Timberlake Cabinet Co., an American Woodmark Co., P.O. Box 1990, 3102 Shawnee Dr., Winchester, VA 22604; 800/722-1510. **Dishwasher**—Jenn-Air Co., 3035 N. Shadeland, Indianapolis, IN 46226-0901.

Pages 140–141: kitchen cabinets, door pulls—Timberlake Cabinet Co., an American Woodmark Co. (address above). **Range, microwave, dishwasher, refrigerator**—Jenn-Air Co., 3035 N. Shadeland, Indianapolis, IN 46226-0901. **Countertops and backsplash**—Wilsonart Laminate, 600 General Bruce Dr., Temple, TX 76503-6110. **Sink, faucet**—Moen, Inc., 25300 Al Moen Dr., North Olmstead, OH 44070-8022; 800/553-6636. **Wood floors**—Bruce Hardwood Floors, 16803 Dallas Pkwy., Dallas, TX 75248; 800/722-4647. **Windows**—SEMCO, South Nast St., Merrill, WI 54452. **Birchbark baskets, trays**—Lady Slipper Designs (address above). **Roman shade fabric**—Lodge "Woodland"; **pillow fabric,** Moraka, "Crimson," No. 607970; Rodeo, "Forest"—Waverly Decorative Fabrics (address above). **Siding**—Wolverine Technologies (address above). **Twig sofa,** No. 100; **ottoman,** No. 115-0—La Lune Collection (address above). **Blanket,** "Turtle"—Faribo Woolen Mills, P.O. Box 369, Faribault, MN 55021. **Oak chair,** No. 7840-12; **cover,** "Jewel" No. 0267-9—Bassett Furniture Ind., Inc. (address above). **Carpet in loft,** "Hemp" Sisal Wool, Zanzibar—Karastan-Bigelow (address above).

Page 142: oak headboard, No. 2076-H111; **mule chest,** No. 2076-227; **mirror,** No. 2076-209; **rocker,** No. 6091-506; **cover,** "Jewel" No. 0266-9; **twig chair,** No. 6A92-613; **cover,** "Jewel" No. J640-9—Bassett Furniture Ind. (address above). **Roman shade fabric,** "Woodland" Camp Stripe; **pillow fabric,** "Tartan" Donley No. 609171—Waverly Decorative Fabrics, 79 Madison Ave., New York, NY 10016. **Blanket,** "Wisdom"—Fairbo Woolen Mills (address above). **Bedroom carpet,** Sisal Wool—Karastan-Bigelow (address above). **Artwork**—Anita Munman Design (address above). **Twig lamp, picture frames**—Lady Slipper Designs (address above).

COOL AND EASY

Page 161: platter, "Harvest"—Crate and Barrel, for more information call 800/323-5461.

Page 164: plate, "Countryware"—Wedgwood, 41 Madison Ave., New York, NY 10010.

READER SHOPPING

Page 210: Watermelon Carving Kit—Pumpkin Masters, Inc., P.O. Box 61456, Denver, CO 80206.

Architects & Designers

BEDROOM MAKEOVERS

Pages 32–39: Interior Design—Nancy Etling, Laura Ashley Home Stylist, 800/367-2000.

GARDENER'S ALMANAC

Page 80: The Herb Farm, 32804 Issaquah Fall City Rd., Fall City, WA 98024. Linda Terhark, 2858 Lakeview Blvd., Lake Oswego, OR 97035; 503/635-2778. Roy Wyatt, 470 Rucker Rd., Alpharetta, GA 30201; 404/475-7652.

HIGH SUMMER COLOR

Pages 83–88: Designers—Raul Zumba, 11205 Ettrick St., Oakland, CA 94605; 510/382-1508. Kia Micaud, 6303 18th Ave. NE, Seattle, WA 98115; 206/524-8182. Elizabeth Sheldon, 1511 Ridge Rd., Lansing, NY 14882; 607/533-4919. Jacqueline Kroner, 98 Lovell Ave., Mill Valley, CA 94941; 415/388-1997.

ULTIMATE LAUNDRY ROOM

Pages 91–94: Design—Ann Patterson, City Design, 208 Fourth St., West Des Moines, IA 50265. **Contractor**—Whirlpool Corp., 2000 US 33 North, Benton Harbor, MI 49022; 800/253-1301.

LAKEFRONT INSPIRATION

Pages 135–142: Architect—Kenneth C. Dahlin, Genesis Architecture & Planning, 1715 Wind Dale Dr., Racine, WI 53402.



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by Mark Kane



benchmarks

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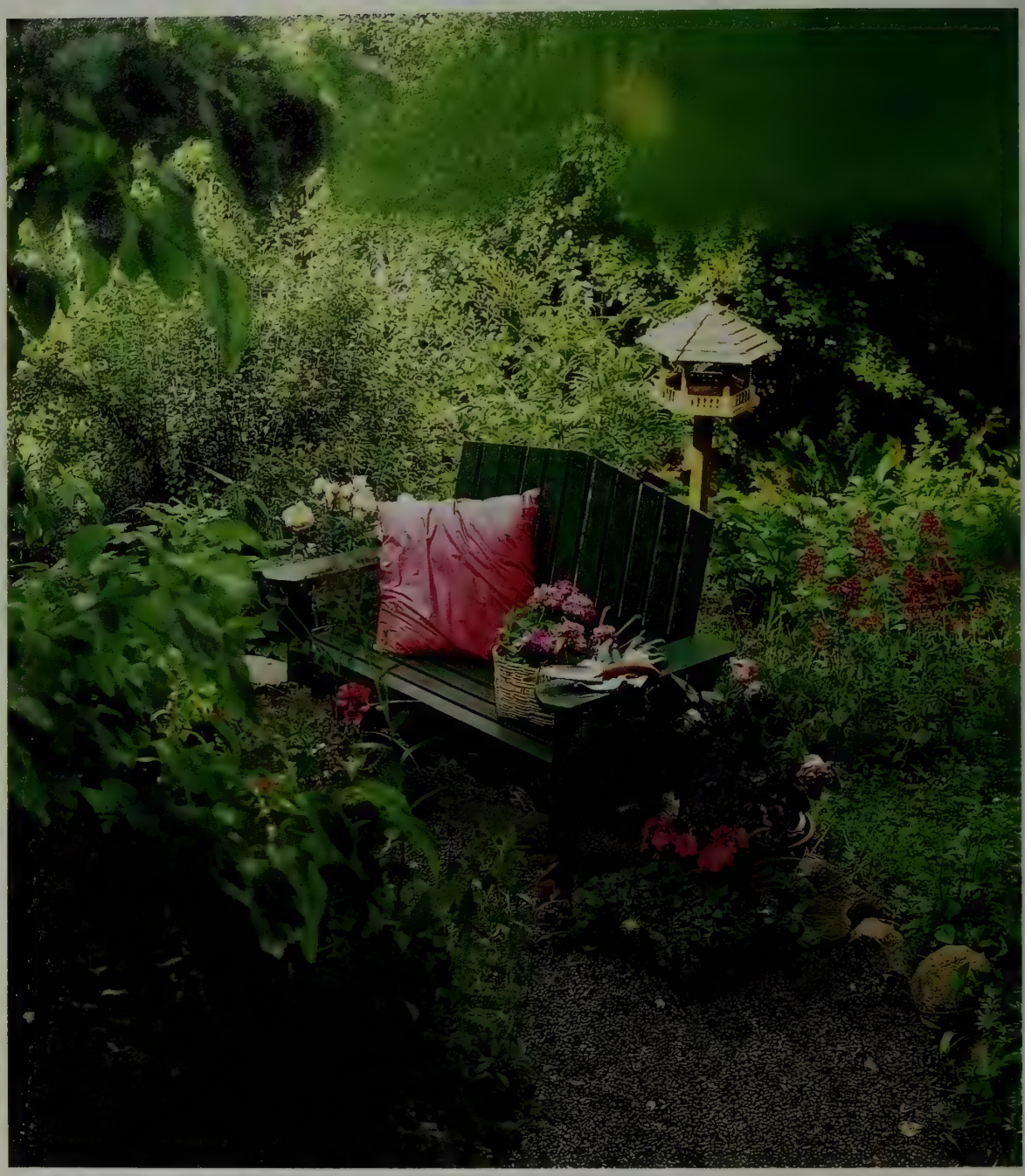
Every gardener should have one—a bench tucked into a cozy nook where family and friends can take time to savor life and enjoy the view of the garden around them. Half the joy of gardening lies in pausing to appreciate what you've achieved.

The secret to making a bench look inviting lies in where you put it and what you surround it with. A bench feels coziest when it's at least partly screened to the sides and back. A green canopy, such as the wisteria, *above*, makes a bench doubly snug. When you check your yard for a good location, favor the nooks or the places that can be made into nooks. Imagine your bench tucked under

continued on page Z2

benchmarks

continued from page Z1



an arbor or set against a hedge, a line of trees, a fence, a wall, or a vine on a trellis.

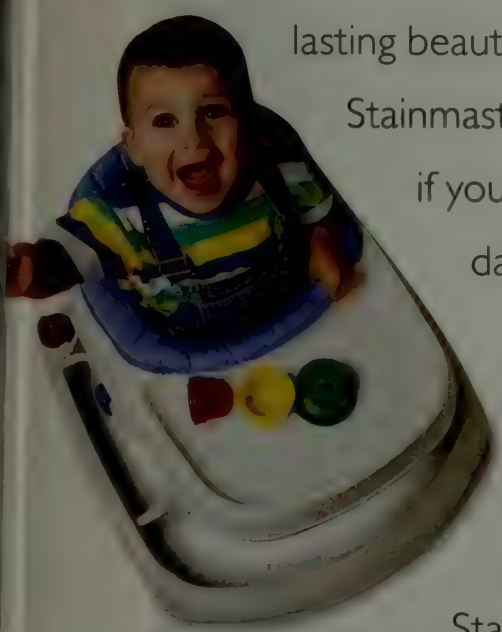
Also consider the views. If you like to enjoy the garden in the evening, choose a location that keeps the setting sun out of your eyes. If you want solitude, choose a nook with no glimpse of the world outside your garden.

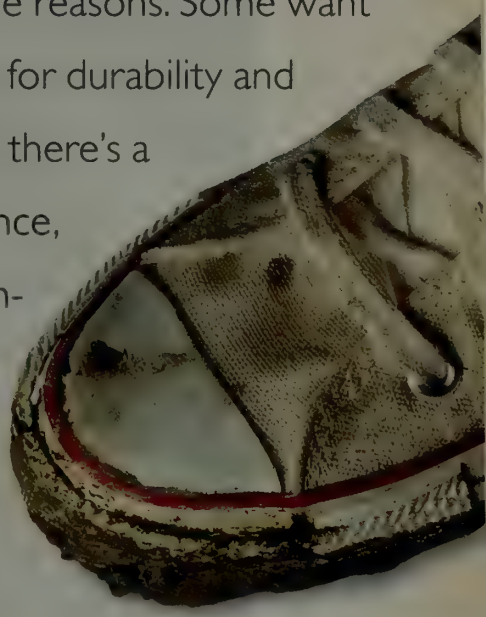
Once you find the right spot, improve it. Give the bench a setting of bulbs, annuals, perennials, and shrubs. Choose varieties that offer interest at close range, and plant them nearby. Include long-bloomers, such as coreopsis Moonshine and daylily Stella de Oro, so you always have color. Perfume the air with hyacinths in spring, nicotiana in summer, and clematis in fall. Next to the bench, set pots of annuals, such as the geraniums and petunias ***above***.

continued on page Z4

There are a number of reasons here are a number of Stainmaster carpets.

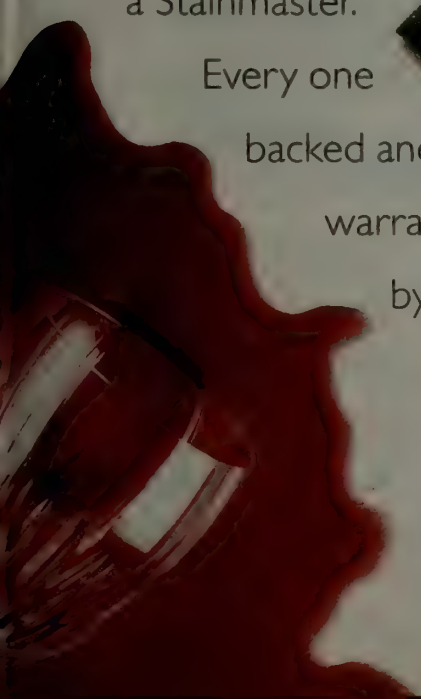
Let's face it, not everyone chooses a carpet for the same reasons. Some want elegance and high fashion, while others are looking for durability and lasting beauty. Yet, no matter what you're after, there's a Stainmaster that's perfect for you. For instance, if you want the carpet that sets the standard in stain and soil protection, there's Stainmaster Plus™. Or, combine beauty and luxury with durability in the Stainmaster Grand Luxura™.





Stainmaster Xtra Life®, on the other hand, is designed to stand up beautifully to traffic, while Stainmaster MasterLife™ was created with oversized fiber technology for lasting beauty in the most extreme conditions. And though different, each carpet has one important thing in common – they're all a Stainmaster. Every one backed and warranted* by DuPont. So remember, when you walk into your carpet store, insist only on DuPont Approved Stainmaster Carpet. After all, you have your reasons.





TM For carpet warranted by DuPont. ® Trademark for carpet warranted by DuPont.
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*See store for details

DUPONT

continued from page Z2





Give yourself dry footing in front of the bench. Grass won't do: an inviting bench draws enough traffic to turn lawn into mud. Vinca, thyme, ajuga, and the other classic ground covers won't hold up either. Instead, cover the ground with the same material you favor for permanent paths—gravel, pavers, flagstones, bricks, or a woody mulch such as shredded bark. The rose-wreathed bench, *above*, set on a patio of interlocking pavers, offers solid footing year-round.

The path to the bench should involve a feeling of ceremony. As much as possible, take the scenic route past favorite spots of fragrance and high color, such as the rhododendrons in the lower photo, and past smaller plants that require close, lingering attention. Avoid laying a straight route to the bench. Even when you

continued on page Z6

As I See It #20 in a series
Nick Vedros
"Home Sweet Home"
4-Color Photography

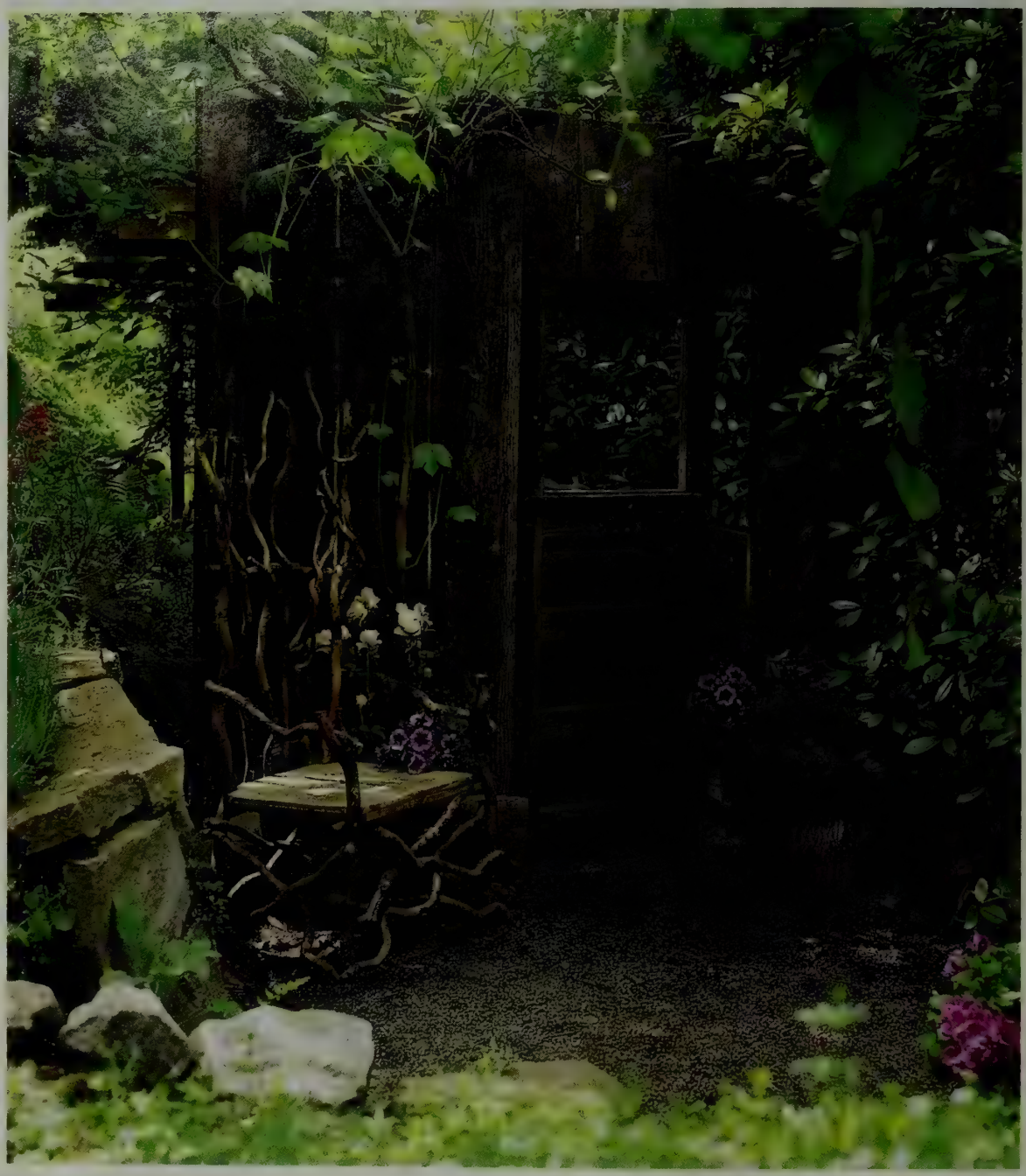


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continued from page Z4



tuck a bench in an unobtrusive nook, it will draw the eye. If the path is straight, the bench will outcompete the rest of the garden for attention. So give the path a curve or two to draw the eye away from the bench and into the garden. A curving path will also slow the trip to the bench and stir up a little pleasant anticipation.

A garden bench should complement the style of your home. A Victorian frame house deserves a cast-iron bench or the rustic twig-built style of the bench *above*. A glass-and-steel contemporary house needs the simple lines of a classic wood bench. Whatever your taste—country, English, classic traditional—there's a bench to suit. If you're handy and you want a custom look, craft your own one-of-a-kind model, or combine a bench with an arbor and side trellises so you can cloak your refuge with vines and climbing roses.


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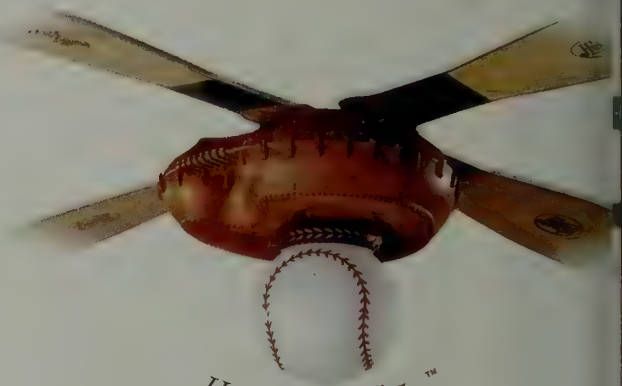
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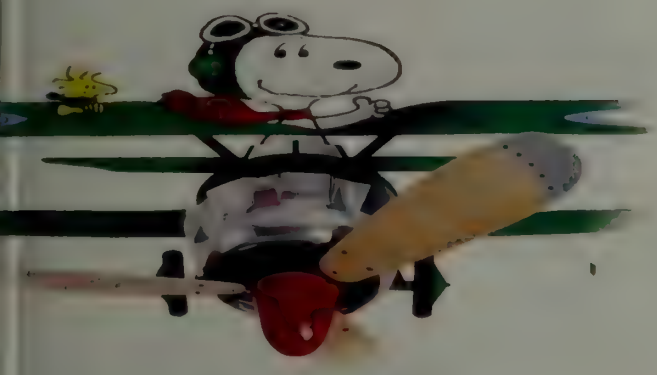
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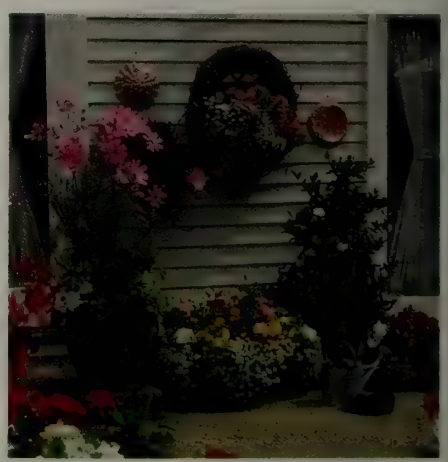
1. To enter, fill out a card including your name, address and daytime phone number, and mail it, along with your recipe using Maille Dijon Originale mustard, and a cash register receipt indicating purchase of Maille Mustard, to "It Must Be Maille" Recipe Contest, 1716 Locust Street, LS236, Des Moines, IA 50309-3023. All recipes must be typed or neatly printed. Residents of AZ, MD, and VT need not send proof of purchase. 2. Recipes must be original and not previously published. Entries must be postmarked by July 28, 1995. Winners will be selected on or about August 18, 1995. Winners will be notified by mail. No responsibility is assumed for lost, late or misdirected entries. 3. Entrants must be U.S. residents, 18 years and older, except employees of Meredith Corporation, and Lea & Perrins, Inc., their agents, affiliates, subsidiaries, and families. 4. All entries and materials submitted become the property of Meredith Corporation and will not be returned or acknowledged. All rights, title and interest, including copyright rights, belong to Meredith Corporation. Meredith Corporation reserves the right to edit, adjust, modify, abridge, condense and excerpt entries. 5. Entries will be judged on originality, taste, clarity of instructions, and use of Maille Dijon Originale. Judging will be conducted by the *Better Homes and Gardens* Test Kitchen. The decisions of the judges will be final. 6. One winner will be selected as the Grand Prize winner and will receive a gift certificate good at any inn in the Independent Innkeepers Association network (retail value $500). Ten second prize winners will be selected and will receive a copy of the *Better Homes and Gardens Favorite Recipes From Country Inns* cookbook (retail value $19.95). 7. Entry constitutes permission (except where prohibited by law) to use winner's entry, name, likeness and photograph for editorial, public relations, promotional and advertising purposes on behalf of Meredith Corporation, unless prohibited by law. Winner will be required to sign an Affidavit of Eligibility within ten (10) days of notification. 8. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of winners. 9. For a list of prize winners (available after August 18, 1995), send a stamped, self-addressed, stamped envelope to *Better Homes and Gardens* "It Must Be Maille" Recipe Contest, 750 Third Avenue, New York, NY 10017.

by Mark Kane



movable color

TO MAKE A COLLECTION OF CONTAINERS FEEL LIKE A GARDEN, PLANT EACH POT AS A BOUQUET AND THEN GROUP THE POTS INFORMALLY.



Nowhere is it written that a garden must grow in the ground. Any dirt-poor spot in the yard, such as a concrete patio or the walk to the front door, can have the fragrance, color, and variety of a garden. The trick is mobility—plants in pots.

Give your patio a touch of seclusion by grouping pots along the edge, *top*. Here, the look is natural because there's no grid; the pots in each group are arranged like bouquets and the groups are placed by eye. For variety in each group, mix trailing plants such as lobelia with tall flowers such as cosmos, *above*. The grapevine wreath on the wall holds geraniums, ivy, and lobelia rooted in a ball of sphagnum moss.

Contrast makes containers work. For starters, use pots of different

continued on page Z12



Robust Dijon–marvelous. We were all swept up in Maille's authentic French flavor. It was an afternoon of gastronomic ecstasy."

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go, combine contrasting leaves for constant interest. Mix plants that have large, toothy leaves, such as coleus and Rex begonias, with fine-leaved plants, such as ivy and helichrysum. Leaves can also offer color contrasts. Mix the deep green leaves of heliotrope with the jade green of nasturtium and the bright silver of dusty-miller.

As you choose plants, match them with the light where they will grow. For color in sunny spots, grow marigolds, petunias, zinnias and any of the many sun-loving perennials. In shade, rely on impatiens for color, as this sheltered entryway does, *below*. They'll bloom nonstop until frost. Nothing says welcome like flowers at the door.

movable color

continued from page Z10

shapes and sizes. Then mix flower colors boldly, with reds, whites, and blues together in one pot, yellows in another. Because flowers come and



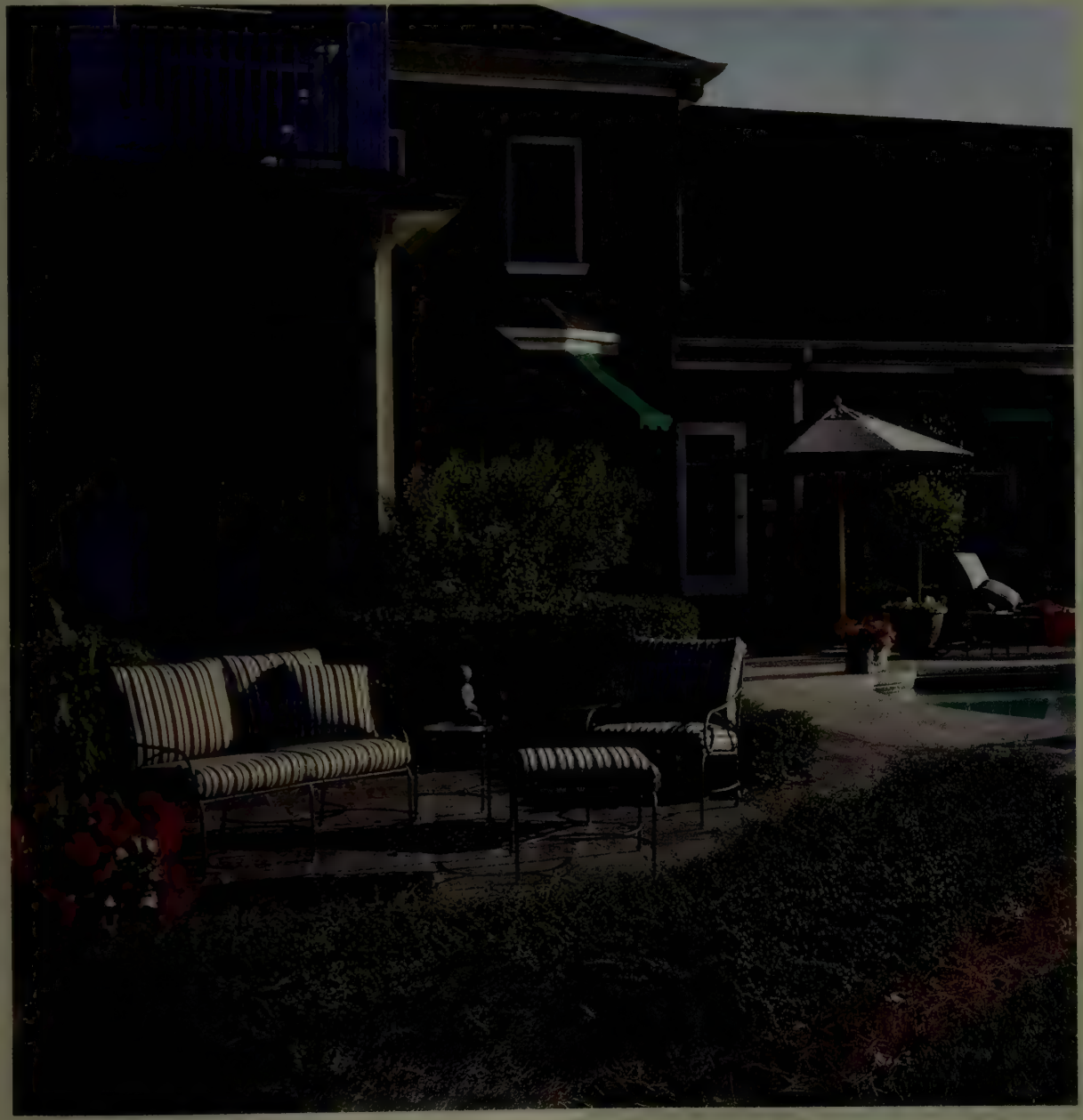


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by Mark Kane



green privacy

SCREENED BY LAYERS OF LATTICE, TREES, BAMBOO, AND PLANTS IN POTS, A SMALL, EXPOSED YARD BECOMES A GARDEN RETREAT.

Small yards take ingenuity. With a neighbor close by on one side and an alley on the other, this 15×15-foot brick patio, *above*, needed a lot more privacy. Instead of solid fences, which would have made the small space seem smaller and even a bit gloomy, the solution was screens made of lattice and screens made of leaves. By partially blocking the world outside, they make the patio feel snugly enclosed and private, but they're also light and airy enough to still admit the sun and the breeze.

On the far side of the patio, the house next door disappears behind a double screen of crab apples and a fence made of lattice. The timber trellis keeps the crab apples from poking branches into the patio. Upright yews and Japanese maples, growing in planters and pots, add height and another measure of privacy to the garden. Petunias, impatiens, and succulents, all in pots, spread around the

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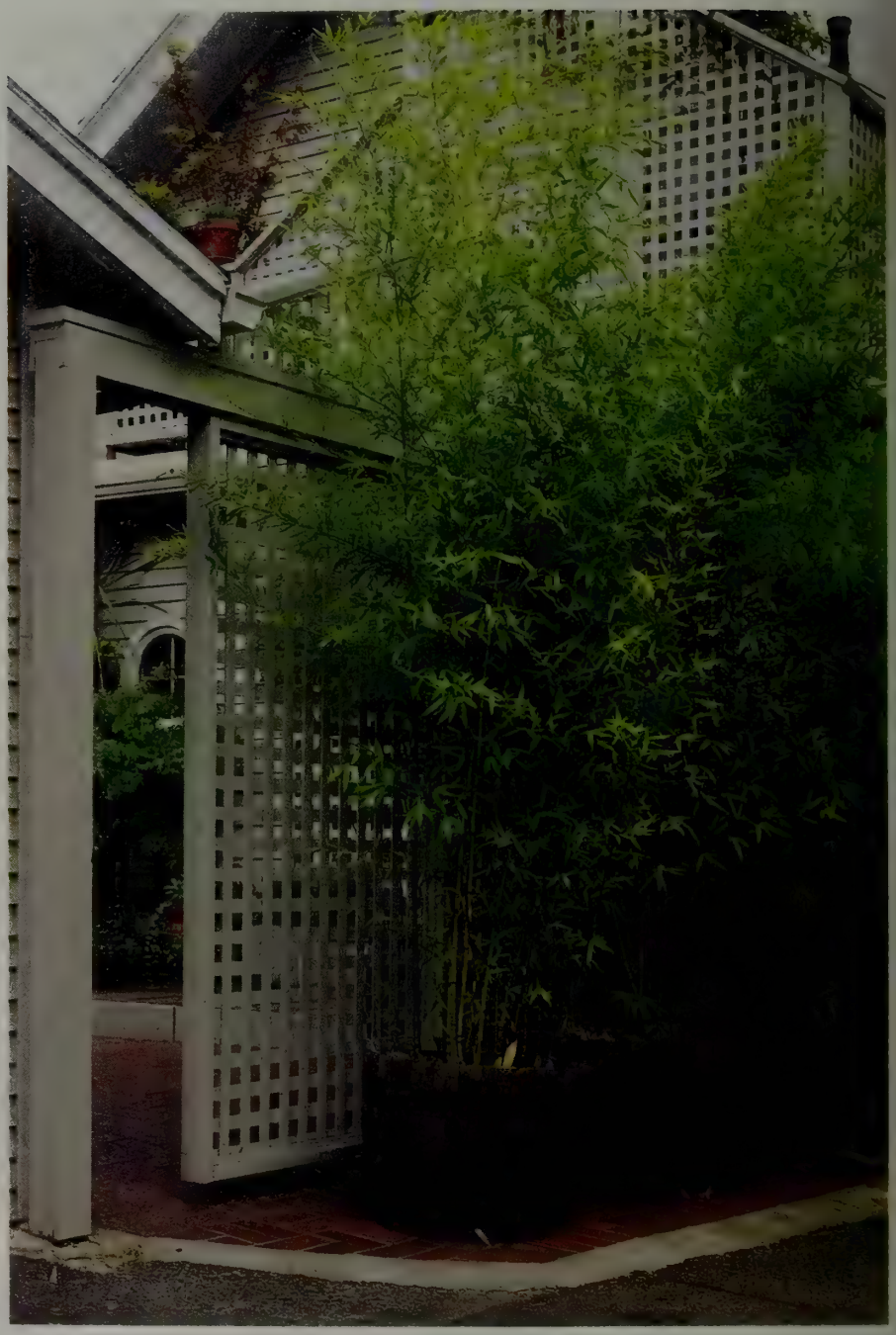


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green privacy

continued from page Z14





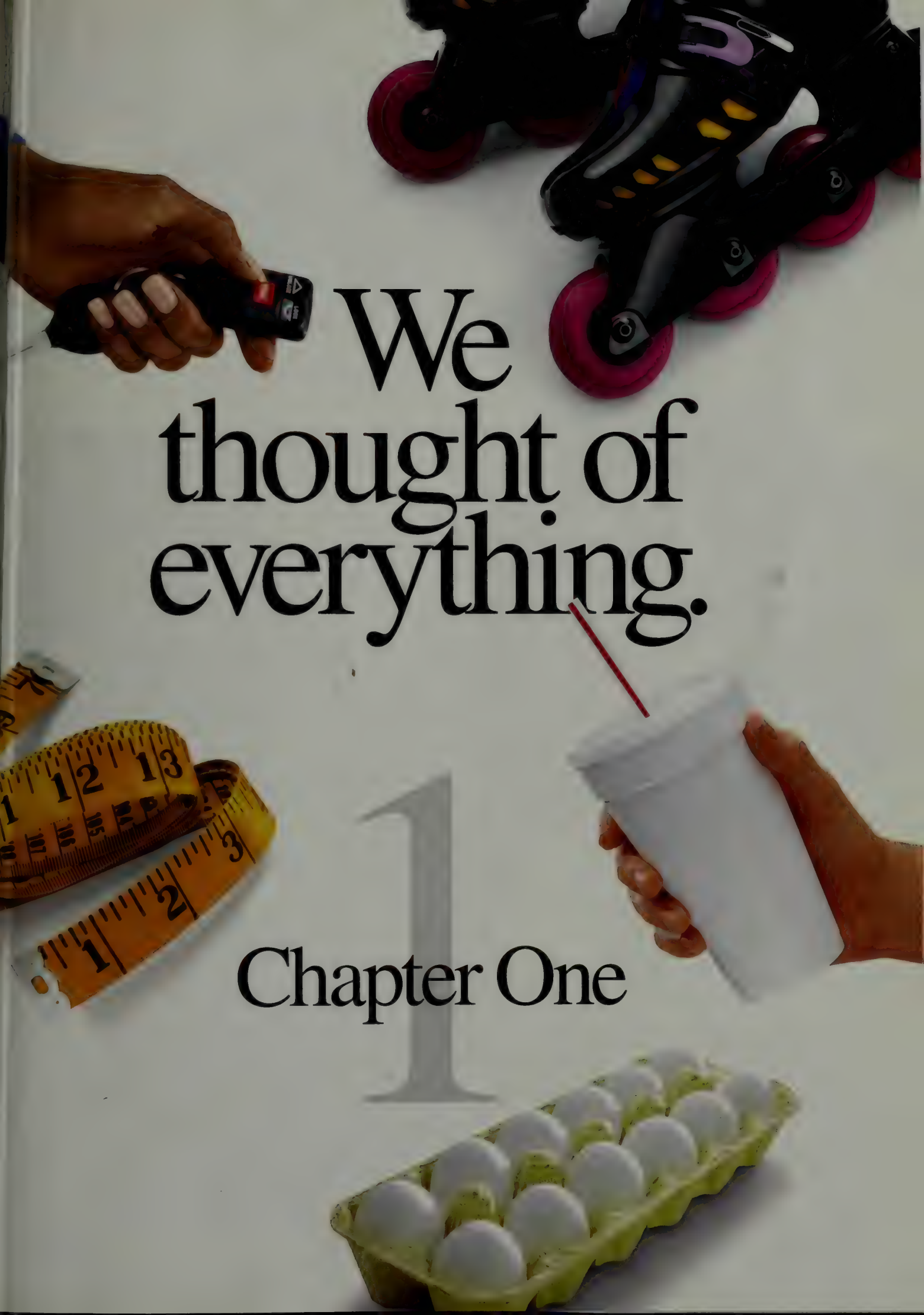
edge of the patio, completing the illusion of a closely-planted garden.

On the alley side of the patio, lattice and bamboo, *right*, combine to screen the view. The bamboo breaks up the long sweep of lattice with a rustling curtain of stems and leaves.

Bamboo is a notorious invader. Though some kinds stay put, many others can easily overrun the garden, then tunnel under sidewalks and driveways to menace the neighborhood. But here the bamboo plants, growing happily, are restrained by half-barrels, a trick that also works in gardens with more dirt than bricks. Every few years when the barrels fill with roots, the plants need dividing to make room for new growth.

The door, which is hung from rollers, opens and closes sideways so it doesn't take space from the patio. As a bonus, when the door is closed, the lattice wall looks unbroken by an entrance. When the door is open, big pots and plants have room to pass through.

Little touches finish the transformation. A few pots rise high on pedestals or stair railings, contributing a welcome overhead note of green. The small fountain, ***above left***, ingeniously combines a Mexican mask and a terra-cotta container. Hidden under hyacinths, a submerged pump returns the water through plastic tubing.


We thought of everything.
Chapter One
1

farther apart front and rear. Which gives the new Caravan even more stability.



Anti-lock brakes help you brake and steer your way out of danger. And now we made them standard equipment on most models.

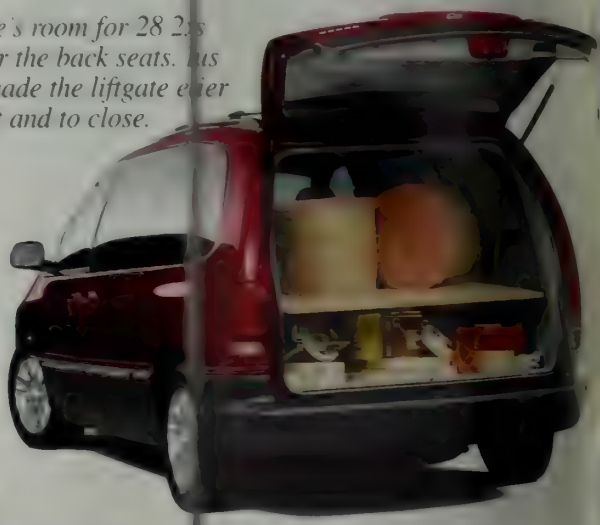


Ultra-high strength steel door beams and front and rear crumple zones are part of the new Caravan's energy management system, which helps protect occupants from the force of an impact.



The new Caravan offers a personal alarm system that you can turn on or off by remote control.

There's room for 28 2's under the back seats. Plus we made the liftgate easier to lift and to close.





It's so easy to deploy the wheels on our rear benches, you can do it with one hand tied behind your back.

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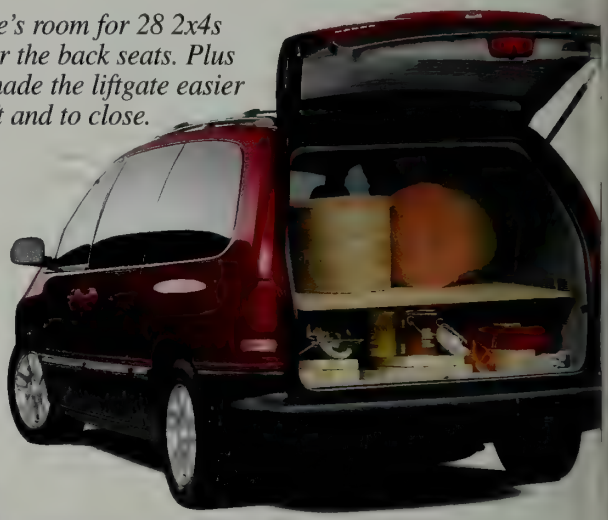
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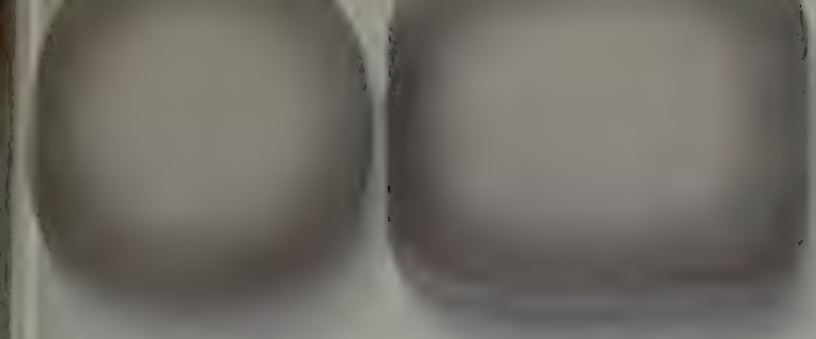
There's room for 28 2x4s under the back seats. Plus we made the liftgate easier to lift and to close.

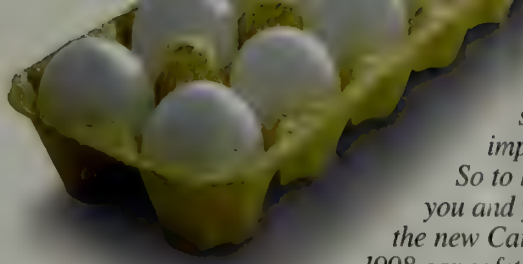




It's so easy to deploy the wheels on our rear benches, you can do it with one hand tied behind your back.

The wheels on our Easy Out Roller Seats™ pop down like landing ge





*We know safety is important to you. So to help protect you and your family, the new Caravan exceeds 1998 car safety standards.**

The new Caravan thoughtfully comes with both a driver and a front passenger airbag, standard equipment.



There's 34 cubic feet more room inside the new Caravan. You'll enjoy discovering where we put it.



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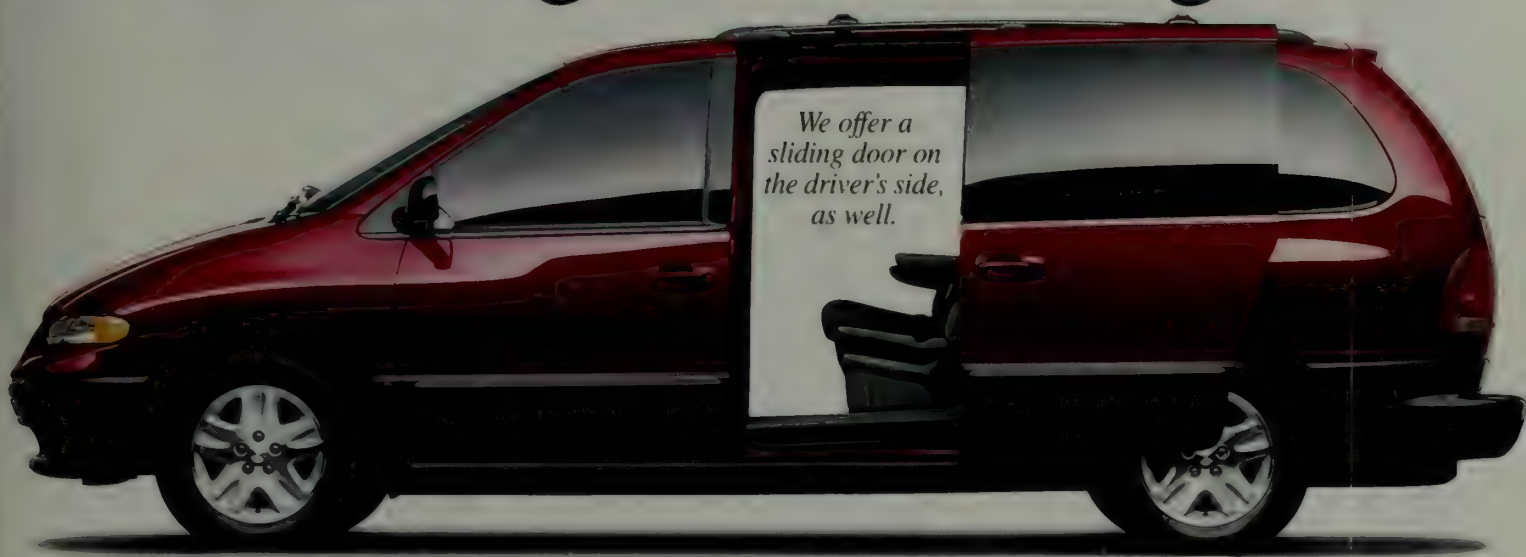


It's a perfect foursome. And since the new Caravan comes in two sizes, it fits families of all sizes.



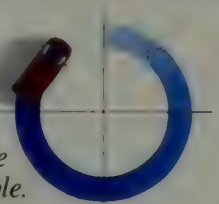
Here's a new option – heaters for the front and rear wipers that help melt away ice and snow.

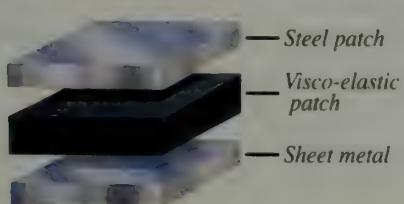
Just as original as the original.™



We offer a sliding door on the driver's side, as well.

A significantly smaller turning circle makes the new Caravan more maneuverable.



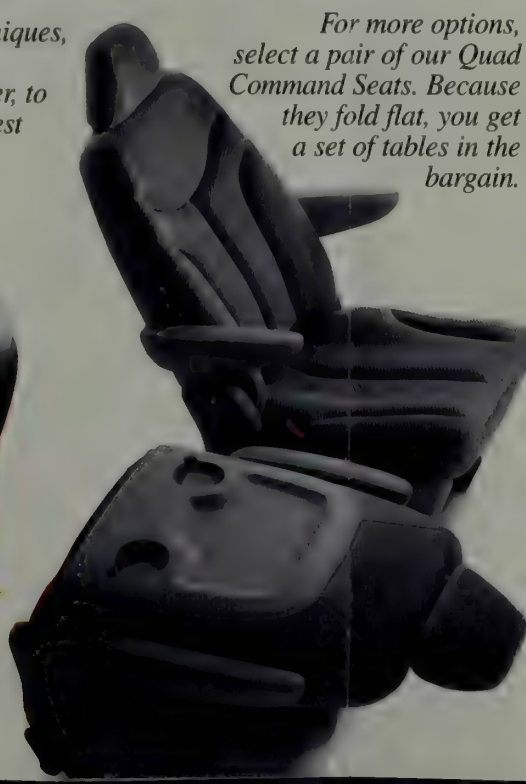


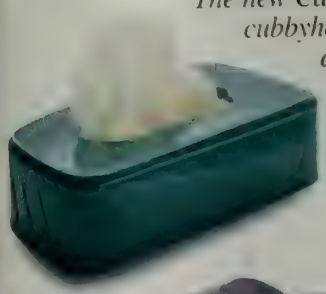
We used sound-deadening techniques, like this patch constrained layer, to create the quietest Caravan ever.

For more options, select a pair of our Quad Command Seats. Because they fold flat, you get a set of tables in the bargain.



The new Caravan offers separate air and heating temperature controls for both front passengers. The two of you will thank us.





The new Caravan offers 12 cubbyholes, nooks, crannies and storage bins. So when you need to reach for a tissue, it's always close at hand.



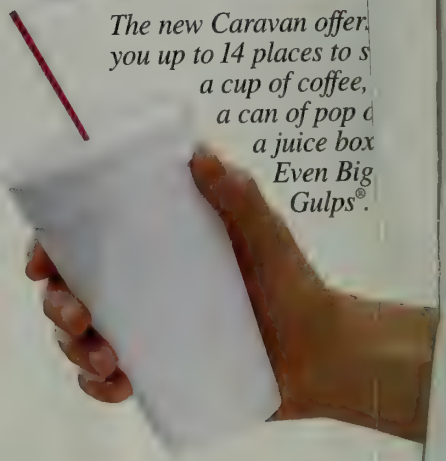
adjustments for everyone. The front passenger seat, for instance, adjusts 8".

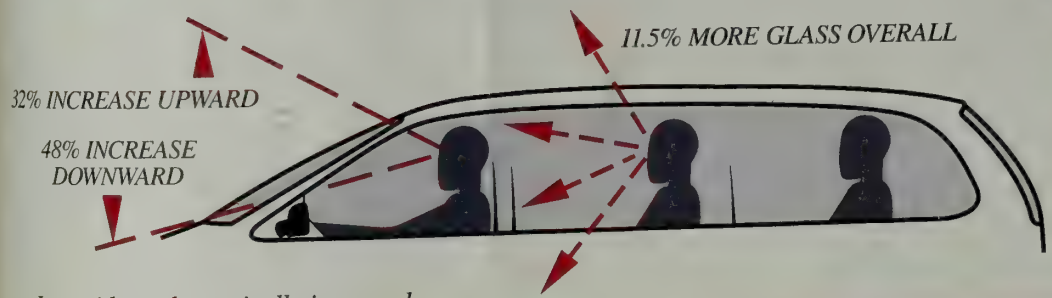


In our Deluxe Seating Package, the middle bench reclines 36° and the rear bench almost all the way back. And all seats are fine-tuned to minimize fatigue.

As an option, you can fold the seats flat. And in our Grand Caravan, you can carry a 4x8 sheet of plywood with the liftgate closed.

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Grand Caravan LE

by Mark Kane



open-air room

Outdoor rooms are like indoor rooms. They need drama at the entrance, pleasant floors and walls, and a place to sit.

An outdoor room straddles the worlds of home and garden. At its best, as in this side yard, *above*, it fashions a hybrid that combines comfort, privacy, plants, and views.

Walls of lattice enclose the room, screening the views but still allowing the eye to roam beyond the property. The lattice also makes an unobtrusive backdrop for the flower borders and climbing plants. Two terraces break what was once a slope into level areas so the chairs, and visitors, can sit up straight. Between the terraces, a remnant of the original slope makes a home for soft green clumps of ferns and ground covers. In the flower border, poppies and daylilies glow with color.

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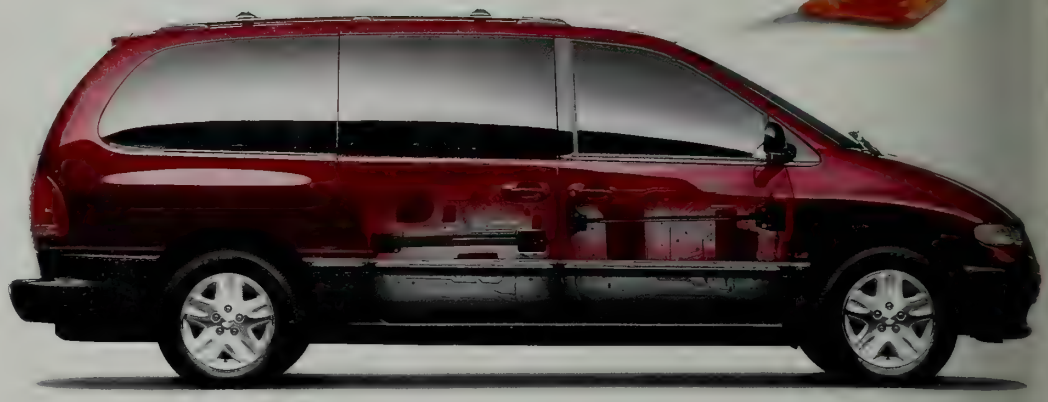
farther apart, front and rear. Which gives the new Caravan even more stability.

WITHOUT ANTI-LOCK BRAKES

WITH ANTI-LOCK BRAKES



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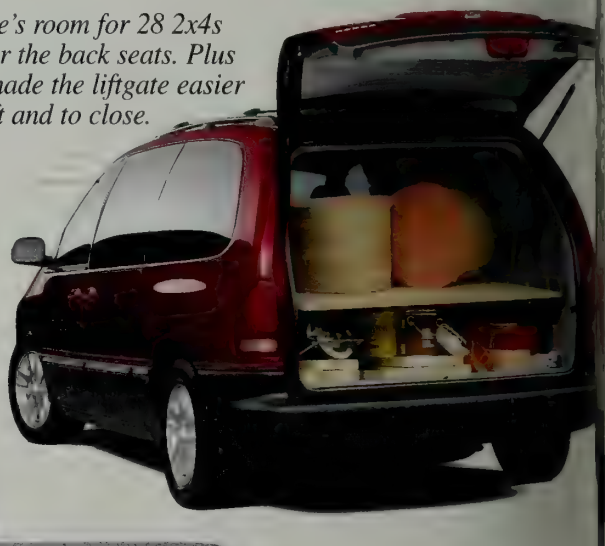


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It's so easy to deploy the wheels on our rear benches, you can do it with one hand tied behind your back.

wheels on our Easy Out Roller Seats™ pop down like landing gea

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We think you'll agree, we thought of everything. But if you can think of anything else you'd like to know, call 1-800-4-A-DODGE. And we'll send you all kinds of information.

The New Dodge Caravan

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by Mark Kane



open-air room

Outdoor rooms are like indoor rooms. They need drama at the entrance, pleasant floors and walls, and a place to sit.

An outdoor room straddles the worlds of home and garden. At its best, as in this side yard, *above*, it fashions a hybrid that combines comfort, privacy, plants, and views.

Walls of lattice enclose the room, screening the views but still allowing the eye to roam beyond the property. The lattice also makes an unobtrusive backdrop for the flower borders and climbing plants. Two terraces break what was once a slope into level areas so the chairs, and visitors, can sit up straight. Between the terraces, a remnant of the original slope makes a home for soft green clumps of ferns and ground covers. In the flower border, poppies and daylilies glow with color.

continued on page Z18

The Beautiful Pool Contest

Do you have the perfect pool and patio in your corner of the great outdoors? Are you proud of your pool and its setting? Tell us about it!

Enter the Olin Beautiful Pool Contest today and you could win cash or pool/backyard supplies. All you have to do is send us a recent photograph of your pool/patio area and a brief description of it by July 15, 1995. We'll use the winning pools in the 1996 issue of *Poolife*® Magazine.

The grand prize winner will receive $10,000, two second-place winners will receive $1,000 worth of patio furniture, 30 third-place winners will receive a $29.95 *Better Homes and Gardens*® landscaping book and 25 forth-place winners will receive a 20 week supply of SOCK IT®.

Contest ends July 15, 1995. Winners will be selected by August 1, 1995. Winners will be notified by mail, no later than August 15, 1995. Winners will be selected by the staffs of *Poolife* magazine and Olin Corporation.

Olin

1. No purchase necessary. **2.** To enter, fill in the official entry form, or mail a postcard, hand-printed with your name, address and telephone number to: The Beautiful Pool Contest, Meredith Publishing Services, 1912 Grand Ave., Des Moines, IA, 50309-3379. Enclose a photograph of your pool/patio area taken since Jan. 1, 1995 along with a description of your pool/patio area in 100 words or less. Photos will not be returned. Entries will be judged on the pool's integration with the landscaping. Decision of the judges final. Only one entry allowed per envelope. **3.** Not responsible for late, misdirected or lost entries. **4.** Contest open to residents of U.S.A. or Canada, except employees of Olin Corporation and Meredith Corporation, their agents, affiliates, subsidiaries and families. Contest open to people that own pools as of April 15, 1995, age 18 or older. **5.** Prizes are not exchangeable or transferable. **6.** Entry constitutes permission to use winner's entry, name, hometown, likeness and photograph for editorial, public relations, promotional and advertising purposes on behalf of Olin Corporation except where prohibited by law. **7.** Winners will be required to sign an Affidavit of Eligibility and Release within ten (10) days of notification. **8.** Subject to all federal, state, provincial and local laws and regulations. Void where prohibited and in Quebec. Applicable taxes are the sole responsibility of the winners. **9.** For a list of the winners, send a separate, self-addressed, stamped envelope to: MPS, 1912 Grand Ave., Des Moines, IA 50309-3379.

BH

NAME .....

ADDRESS ..... CITY ..... ZIP .....

TELEPHONE # .....

Mail your entry to: The Olin Beautiful Pool Contest, MPS, 1912 Grand Ave., Des Moines, IA 50309-3379

open-air room

continued from page Z17

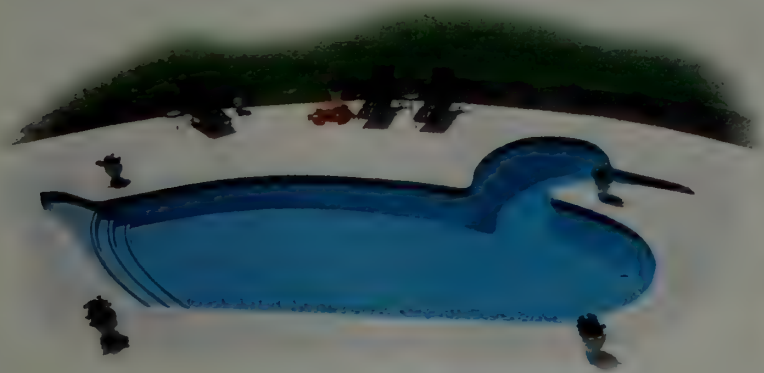


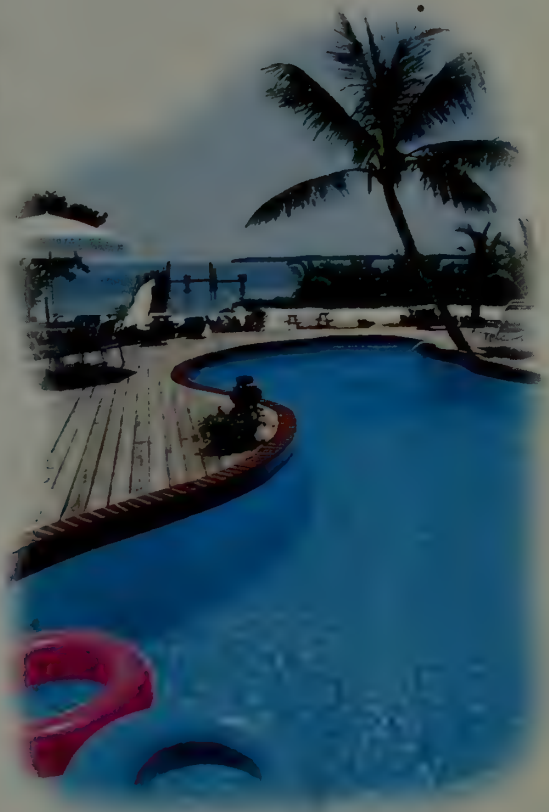


The scalloped gate, the double arbor that shelters a bench, and the lattice walls topped with molding, *above*, all lend formality to the entrance. They tell visitors that a treat lies ahead, a spot more interesting than the usual side yard. Four steps, *right*, descend from the top terrace to the chairs, lending drama to the path. Red thyme and wooly thyme creep over the treads, giving them an air of antiquity. Because they spread quickly and like to fill crevices, ground covers are handy for hiding the raw edges of a new project

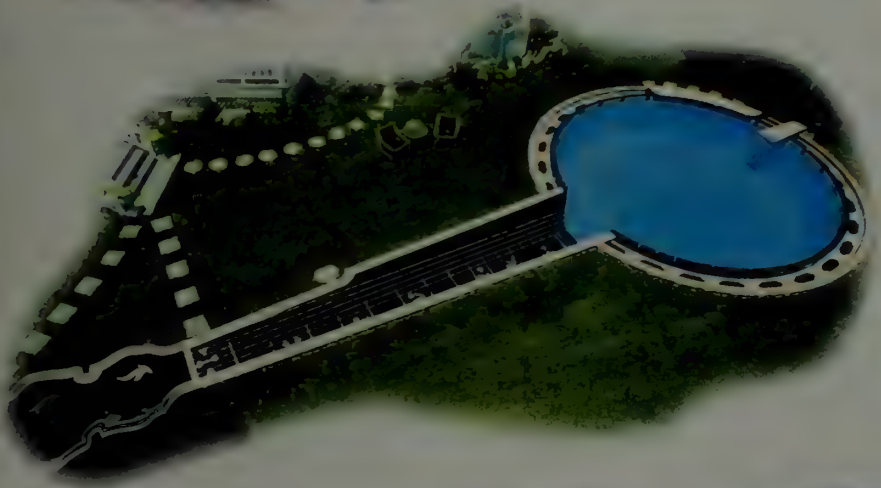
The last ingredient of an outdoor room is firm footing. Without it, shoes would soak up water after a rain or a heavy dew and furniture would eventually tilt as it sank into the mushy soil. Here, recycled brick, with its weathered face and traces of mortar, makes a new room look mature while it firms up the yard.

How can the most Beautiful pools stay so clearly beautiful? With hth®.















Count on hth to keep your pool sparkling clear

Call 1-800-POOL-987 for your "hth Guide to a Beautiful Pool"

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IN YOUR HEART YOU ALWAYS KNEW AMANA WAS BETTER. HERE'S A CHANCE FOR YOUR BRAIN TO CATCH UP.

Let's go slowly. Remember, your heart has known for a long time what your brain is about to discover. That Amana appliances are, well, different from the rest.



Open the door to an Amana refrigerator and you'll see something very different indeed. Like the Temperature Controlled Beverage Chiller™, which is recognized by The American Dairy Association® as being beneficial to real dairy products.



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Oh, there are hundreds of features we could tell you about. But the human brain can only absorb so much in one ad. To learn more, call 1-800-843-0304 for the Amana dealer nearest you.

Making A Difference

Amana

by Mark Kane



cottage garden

HERE'S A STYLE FOR GARDENERS WHO LOVE PLANTS AND HAPPILY BELIEVE THERE'S ALWAYS ROOM FOR ONE MORE.

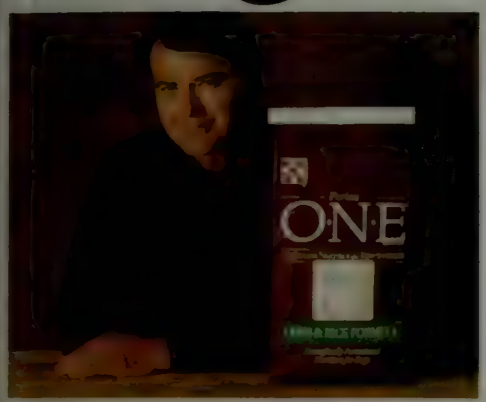
Two words describe a cottage garden: lush and informal. The look of abundance, *above*, starts with close planting and unrestrained colors. Begonias, petunias, and nicotiana weave over and around each other, spreading a carpet that mingles vivid reds and purples with shades of pink and white. Behind them, variegated grasses, lilies, and perennials yet to bloom crowd together. In the background, an oakleaf hydrangea blooms with white flowers. A native shrub, oakleaf hydrangea is hardy, tough, and beautiful in fall, when its leaves turn shades of burgundy.

For informality, the birdbath stands in the flower bed and the cedar fence goes unpainted to weather naturally.

"It's Not Your Imagination.

This Dog Food

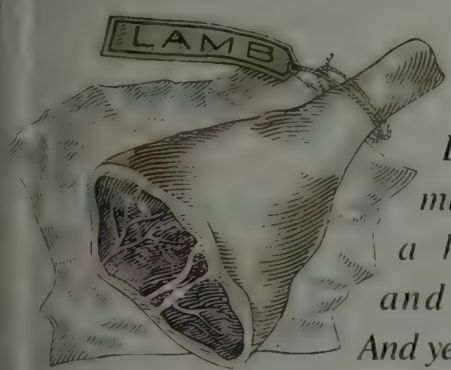




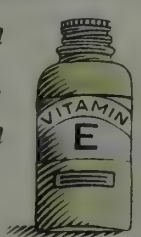
Could Actually Make A Dog *More* Handsome."

—Robert Urich





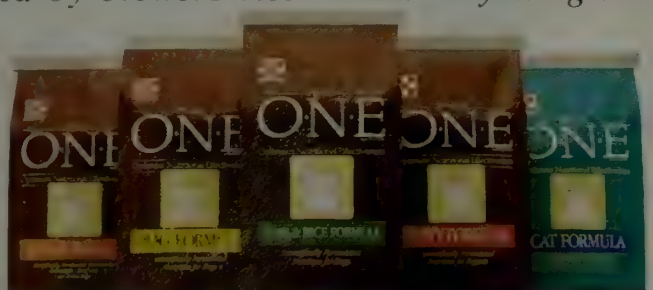
Purina O·N·E Lamb & Rice Formula helps promote a healthy skin and shiny coat. And yes, it could even make a dog look a little more handsome.



That's because it starts with real lamb, a high-quality ingredient not found in most dog foods, followed by brewer's rice and other wholesome ingredients. It's naturally preserved with vitamin E. It has no added artificial colors or preservatives. And your dog will find it has a taste he'll love.

It's also good to know that Purina O·N·E makes a variety of other quality formulas for dogs and cats of all life stages.

So try Purina O·N·E brand Lamb & Rice Formula. It's the first dog food of its kind in your grocery store. And considering all its wholesome ingredients, it should be the first of its kind in your dog's bowl.



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PURINA O·N·E® SECOND TO NONE



THERE'S A BETTER WAY TO BLOCK THE SUN'S DAMAGING UV RAYS.

Applied to inside windows, 3M™ Scotchtint™ Film Design Series Window Treatments block 98% of the sun's ultra-violet rays, the leading cause of fading. As much as you love the light, you hate to see what it does to your furnishings. But now you can significantly reduce costly fading without blocking your view with 3M Scotchtint window film. Available in clear or a range of tints, 3M Scotchtint window film also helps make your home more comfortable by controlling annoying glare, reducing heat build-up and lowering energy costs. **For a free in-home estimate from a 3M Authorized Dealer, call 1-800-814-5252, ext. 101.**

3M *Innovation*

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Buying Guide

Most of the products shown editorially in the Super Spot Section of *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below.

BENCHMARKS

Pages Z1–Z6: Wisteria and Autumn clematis—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; catalog $3. Woodlanders, Inc., 1128 Colleton Ave., Aiken, SC 29801; catalog $2. **Coreopsis Moonbeam**—Carroll Gardens, P.O. Box 310, 444 E. Main St., Westminster, MD 21158; catalog $2. Wayside Gardens, Rt. 5, Box 724, Marion, NC 28752-5225; catalog $1. **Stella de Oro daylily**—Daylily Discounters, 1 Daylily Plaza, Alachua, FL 32615; catalog $2. Busse Gardens, 13579 10th St. NW., Cokato, MN 55321-9426; catalog $2.

MOVABLE COLOR

Pages Z10–Z12: Coleus—Color Farm Growers, 2710 Thornhill Rd., Auburndale, FL 33823; catalog $1. Park Seed Co., Inc., P.O. Box 46, Hwy. 254 North, Greenwood, SC 29648-0046; catalog free. **Rex begonias**—Logee's Greenhouses, 141 North St., Danielson, CT 06239; catalog $3. Glasshouse Works, P.O. Box 97, Church St., Metamora, OH 45778-0097.

GREEN PRIVACY

Page Z14: Designer—Green Architecture, 1129 22nd East, Seattle, WA 98112; 206/285-3719.

Page Z16: Bamboo—Steve Ray's Bamboo Gardens, 909-79th Place, South, Birmingham, AL 35206; catalog $2. Bamboo Sourcery, 666 Wagnon Rd., Sebastopol, CA 95472; catalog $2. **Water garden plants and supplies**—William Tricker, Inc., 7125 Tanglewood Dr., Independence, OH 44131; catalog $3. S. Scherer & Sons, 104 Waterside Rd., Northport, NY 11768; catalog $1. Van Ness Water Gardens, 2460 N. Euclid Ave., Upland, CA 91786; catalog $4.

OPEN-AIR ROOM

Pages Z17–Z18: Red and wooly thyme—Sandy Mush Herb Nursery, Rt. 2, Surett Cove Rd., Leicester, NC 28748; catalog $4. Companion Plants, 7247 N. Coolville Ridge Rd., Athens, OH 45701; catalog $2.

COTTAGE GARDEN

Page Z22: Oakleaf hydrangea—Louisiana Nursery, Rt. 7, Box 43, Hwy. 182, Opelousas, LA 70570; catalog $6.

Architects & Designers

BENCHMARKS

Page Z1: Designer—Stephen Suzman and Georgia Madden, Stephen Suzman Landscape Design, 233 Douglass St., San Francisco, CA 94114; 415/252-0111.

Page Z4: Designer—Gene Kunit, Gene Kunit & Assoc., Landscape Design, 4403 Evans Ave., Oakland, CA 94602; 510/530-0500.

GREEN PRIVACY

Page Z14: Designer—Green Architecture, 1129 22nd East, Seattle, WA 98112; 206/285-3719.

Your back will tell you that Sister Anne Marie was right.



Poor posture is every bit as unhealthy as Sister Anne Marie always said it was. As a matter of fact, it could even be causing your back pain.

Fortunately, a physical therapist can help with evaluation and treatment.

Today licensed physical therapists provide hands-on help for every part of the body to everyone from infants to the elderly. They give care and counseling on rehabilitation, exercise, and the prevention of injury and disease. And you'll find them advising on proper posture and body motion in the workplace, treating injuries, consulting on fitness, and administering physical therapy in the home.

For more information and a brochure on back pain, call 1-800-955-7848.

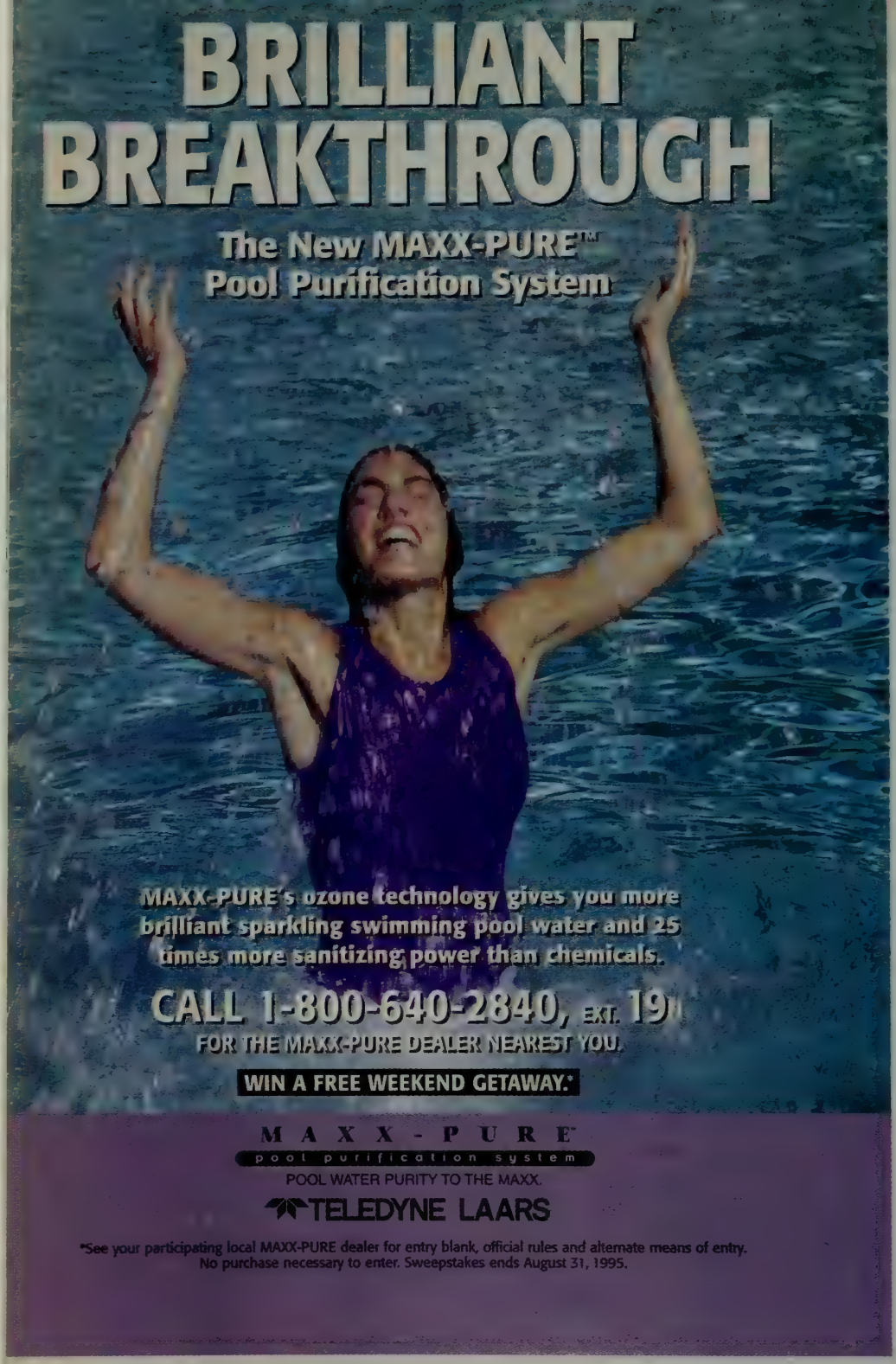
Put your health in the hands of a Physical Therapist.

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Address _____

City _____ State _____ Zip _____

For more information send to:
American Physical Therapy Association
P.O Box 37257 Washington, D.C. 20013 J5



SAFETY TIP

Save Your Lungs

Save your breath. Invest in respiratory protection even if you're only an occasional do-it-yourselfer.

- For any dusty job, be sure to have a few disposable dust masks handy. Available for about 50 cents each, these breath-savers are ideal when doing light sanding or power sawing. Don't expect these throwaways to do your lungs much good if you plan on sanding drywall or spray painting.
- To protect against fine dusts, paint mists, toxic particles, and strong vapors, be sure to invest in a respirator. Available for $30 to $50, a respirator forms a tight seal around your mouth and nose, letting only air that passes through a filtering cartridge. Different filters can be added to increase protection.

UPKEEP

Easy Cure For Hard Water

You may not know it, but your home's piping may be clogged with mineral deposits and scale. The tell-tale signs are unsightly deposits around taps and sinks and ugly scum around baths and washbasins.

The cause of this problem is hard water. Untreated scale buildup also can also reduce water pressure, result in poor-tasting drinking water, and make soaps hard to lather. For years, the main solution has been to add a water softening system to your home. Although they tend to be effective, water softeners require frequent additions of chemicals and they can be costly to purchase.

A new electronic device removes scale and deposits with a patented system. Called ScaleWatcher, the toaster-size device looks something like a radio transmitter. A cable that runs from the device is wrapped around your home's main water pipe.

ScaleWatcher's electrical signal produces a chemical reaction in your pipes. The reaction temporarily makes certain insoluble elements more soluble. As a result, the scale crystals lose their adhesive properties and remain suspended in the water. This allows scale to be washed away rather than to cling to your pipes.

According to the manufacturer, this system will eliminate existing scale from your pipes and water heater in about 30 to 40 days, in addition to preventing scale buildup.

The system, which can be installed quickly by most homeowners, costs $500 to $700—about one-half the cost of most water softening systems.

For the name of a local distributor, call Genesis International Trading at 800/905-7705.

New Chevron with Techron®. Now opening to rave reviews.



Cars, as you know, can be very critical about how you treat them. A tough audience, you might say. That's why we're as proud as we can be about the widespread acclaim our new gasoline, Chevron with Techron, is receiving.

It's not every day that a car raves unabashedly. About anything. What's the reason cars are smiling from their fuel injectors to their intake valves about Chevron with Techron? It's this simple: No other gasoline gives your car a cleaner engine, better performance - or lower emissions. In car talk, that's big stuff. So give your car what it's really thirsting for.

Who knows? Your car might even start raving about the way you drive.

TECHRON®

Now, all Chevron gasolines have the patented Techron additive.

Chevron

Simply Smarter®

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From $299*

How much does a great vacation cost? When it's one incredible all-inclusive price, you can do it all without any additional charges. It's simple. No hassles. No surprises on your bill at check out.



With our all-inclusive package, you'll enjoy a deluxe room. Sumptuous gourmet dining with full American breakfast and dinner daily. Unlimited access to our spa. Complimentary bicycles. Our supervised Summer Play program (in season) for the kids. Plus free valet parking. All for an inclusive price starting at just $299. Kids, add $25 each per night.

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World-Renowned

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Celebrating A Lifelong Romance With The Pacific

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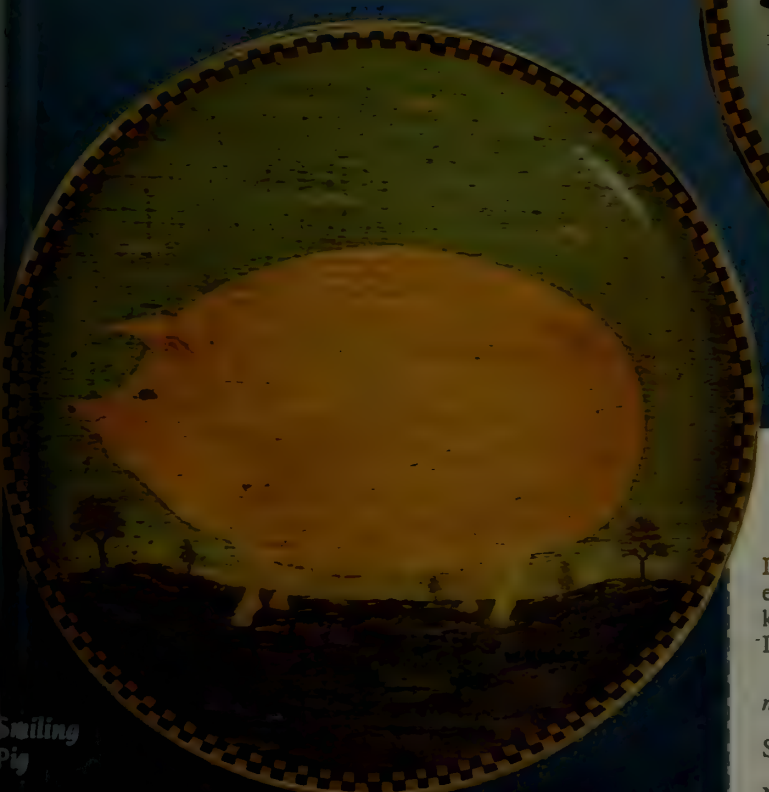
*Per room, per night, based on double occupancy. Two-night minimum stay required. Valid through December 30, 1995. Subject to availability. Not valid in conjunction with group rates or other offers. Kids' rate valid only when staying in room with adult. All meals will be in the Crown Room or the Ocean Terrace.

A Cow. A Hen. And a Pig. With Character.

Lenox fine china ▪ 24 karat gold
America's foremost folk artist

LENOX







The cows started it. Several years ago, a few of Warren Kimble's cows went off to an art exposition in the city and, after 30 years of painting, the artist became an "overnight sensation." Today, his cows (and hens, and pigs) can be seen in museums and private collections all over the world.

Now, you can acquire the *collection* of Warren Kimble's barnyard animals on plates of Lenox ivory china. Enjoy his trademark Holstein cow (wearing a patch in the shape of Vermont), a polka dot dapple-gray horse, woolgathering sheep and *more*. Framed with Kimble's checkerboard border, rimmed in 24 karat gold.

In all, there are eight different plates. Each bears the artist's signature as well as the Lenox® trademark and a registration number on its reverse. Priced at just $39.50 per plate, *The Warren Kimble Barnyard Animals* collection is not sold in stores. It is available by subscription, *exclusively* from Lenox. Mail your subscription today. Your satisfaction is guaranteed. 1107085

Plates shown smaller than actual size of 8½" in diameter.

SERIOUS ART WITH A SMILE.

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The Warren Kimble Barnyard Animals

Not sold in stores • Mail by July 31, 1995

I wish to enter my subscription to *The Warren Kimble Barnyard Animals*, eight Lenox ivory china plates, hand numbered and rimmed with 24 karat gold. To be sent to me at the rate of one plate every other month. I may cancel my subscription at any time.

I need send no money now. I will be billed for each plate, *after shipment*, in two monthly installments of $19.75* each.

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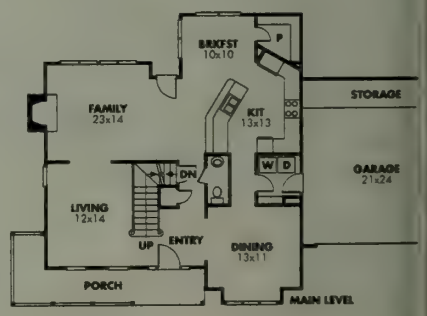
*Plus $3.98 per plate for shipping, handling and insurance. Sales tax will be billed if applicable. All subscriptions subject to acceptance. 1107085

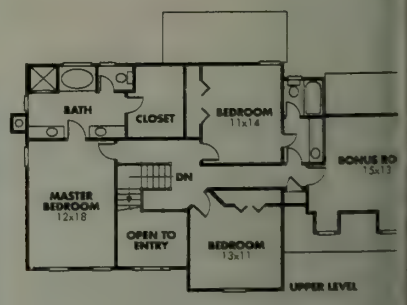
Mail to: Lenox Collections
P.O. Box 3020, Langhorne, PA 19047-9120



A House for All Ages

This two-story family home is as comfortable for parents as it is for children. The design includes a dramatic master bath that treats parents to well-separated lavatories, a jetted tub, and a large walk-in shower. Mom can get dressed for that early morning meeting without disturbing Dad because of the large walk-in closet by the bath. The kitchen is open to the eating nook and family room, so everyone can catch up on conversation—a plus for working parents. For kids, this home boasts big bedrooms and closets as well as a spacious shared bathroom. Because the bonus room is a designated play space, kids can leave toys, games, and projects all over the floor.





Total living area: 2,516 sq. ft.
Main level: 1,212 sq. ft.
Upper level: 1,057 sq. ft.
Bonus room: 247 sq. ft.

HOW TO ORDER PLANS

1. Determine the number of plans desired and calculate the price from the listings in the next column. Add sales tax* plus $12 for postage and handling.

2. Specify plan no. FB-2516-1.

3. Send name, address, and check, money order, or credit card information to: BH&G/HomeStyles, 275 Market St., Suite 521, Minneapolis, MN 55405; or, call 800/848-8906.

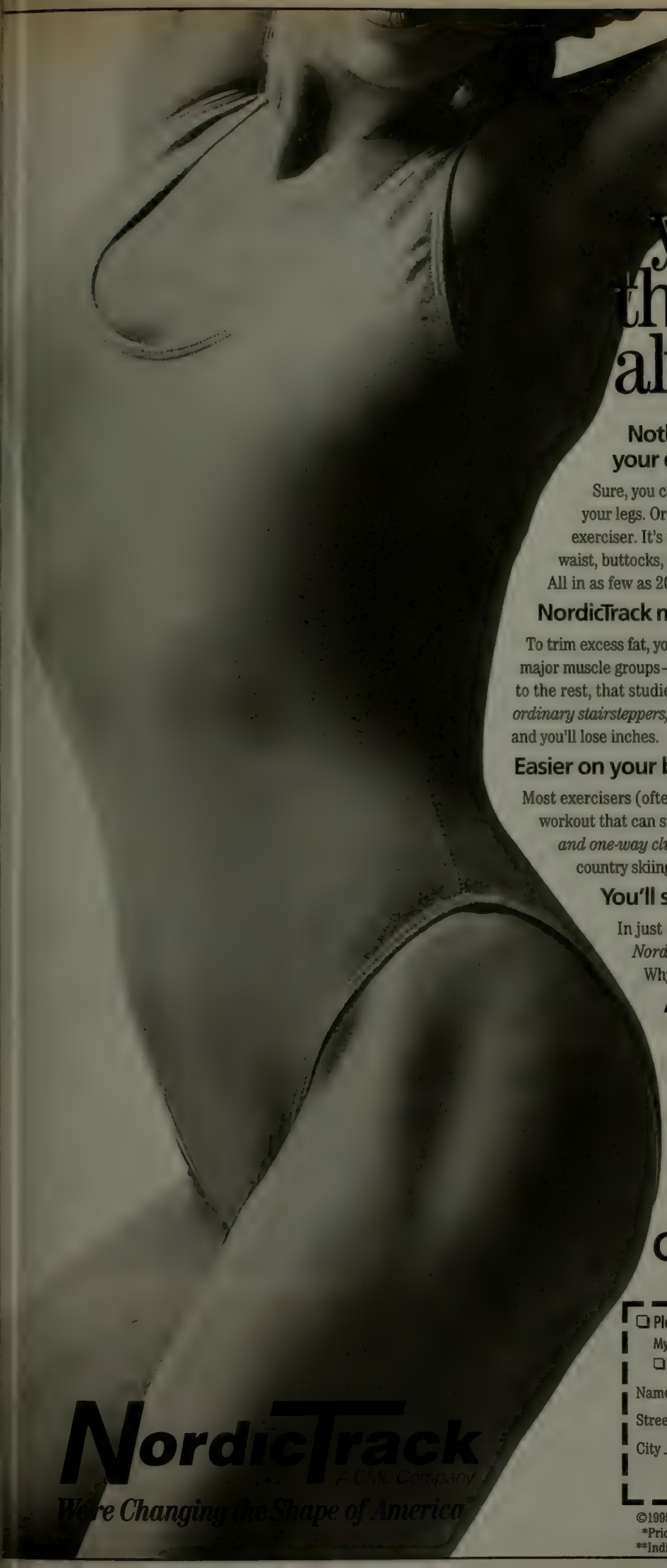
Blueprints and study plans are not returnable. Please double-check the plan numbers when ordering.

SET OF SEVEN $485
SET OF FOUR $450
ONE HOME PLAN $400

If you're not ready for full blueprints, try our Study Plan, $29.95 postage paid. This one-page blueprint shows floor plans, four elevations, and kitchen and bath details.

Study plan payment is deductible from blueprint cost.

*TAX NOTE. We are required to collect and pay state taxes in AL, AR, CO, CT, FL, ID, IL, IN, KS, MD, MA, MS, MO, NJ, NM, PA, and WI. We are required to collect and pay state and local taxes in CA, GA, IA, MN, NE, NY, NC, OH, TN, TX, VA, WA.



YES! For $339.95* you can have the body you've always wanted.

Nothing shapes and firms your entire body like NordicTrack.

Sure, you could try ordinary exercisers that work just your legs. Or you could invest in a NordicTrack® total-body exerciser. It's the full body-trimming workout that tones your waist, buttocks, thighs and arms. Yes—and even your hips. All in as few as 20 minutes, three times a week.

NordicTrack melts away more fat.

30-DAY IN-HOME TRIAL

To trim excess fat, you need a workout that tones all major muscle groups—like NordicTrack. It's so superior to the rest, that studies show you'll *burn more fat than with ordinary stairsteppers, exercise bikes or treadmills.* Trim excess fat, and you'll lose inches.

Easier on your body—and budget.

Most exercisers (often costing hundreds more) offer just a lower-body workout that can strain your joints and muscles. Our *patented flywheel and one-way clutch system* simulates the smooth motion of cross-country skiing. It's easier on your back, hips and knees.

You'll see the NordicTrack difference!

In just 12 weeks, research shows that *people who used a NordicTrack lost an average of 18 pounds.***

Why settle for less?

Ask for "The World's Best Aerobic Exerciser®." And say "yes" to a new you. Call now!



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CALL: 1-800-942-1890

Ext. 109G5



❑ Please send me a FREE video & brochure

My main fitness goal is (check one) ❑ Weight loss

❑ Shaping & toning ❑ Cardiovascular fitness ❑ Overall health

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Street _____

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Call or send to: NordicTrack, Dept. 109G5
104 Peavey Road, Chaska, MN 55318-2355

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A CML Company
We're Changing the Shape of America®

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*Price does not include shipping handling and applicable taxes.

**Individual results may vary.

It's Christmas in July!

It may be warm outside, but now is the time to get a head start on gifts to make for Christmas. Browse this winter wonderland of readers' favorite projects and order our exclusive patterns and plans to whittle away at that gift list.



POLAR BEAR FAMILY
It's almost always Christmas in the North Woods—land of dark forest pines, silent snows, ice crystals, and playful Polar Bears. Surprise a youngster with a whole set of the lovable white bears and their whimsical Snow Bear friend. Papa (27 inches tall), Mama (25 inches tall), and Baby (20 inches tall) are all decked out in natty sweatshirts to keep them snug. The 25-inch Snow Bear sports a playful hat and scarf. Full-size patterns. Order No. 01413 ($10.95).



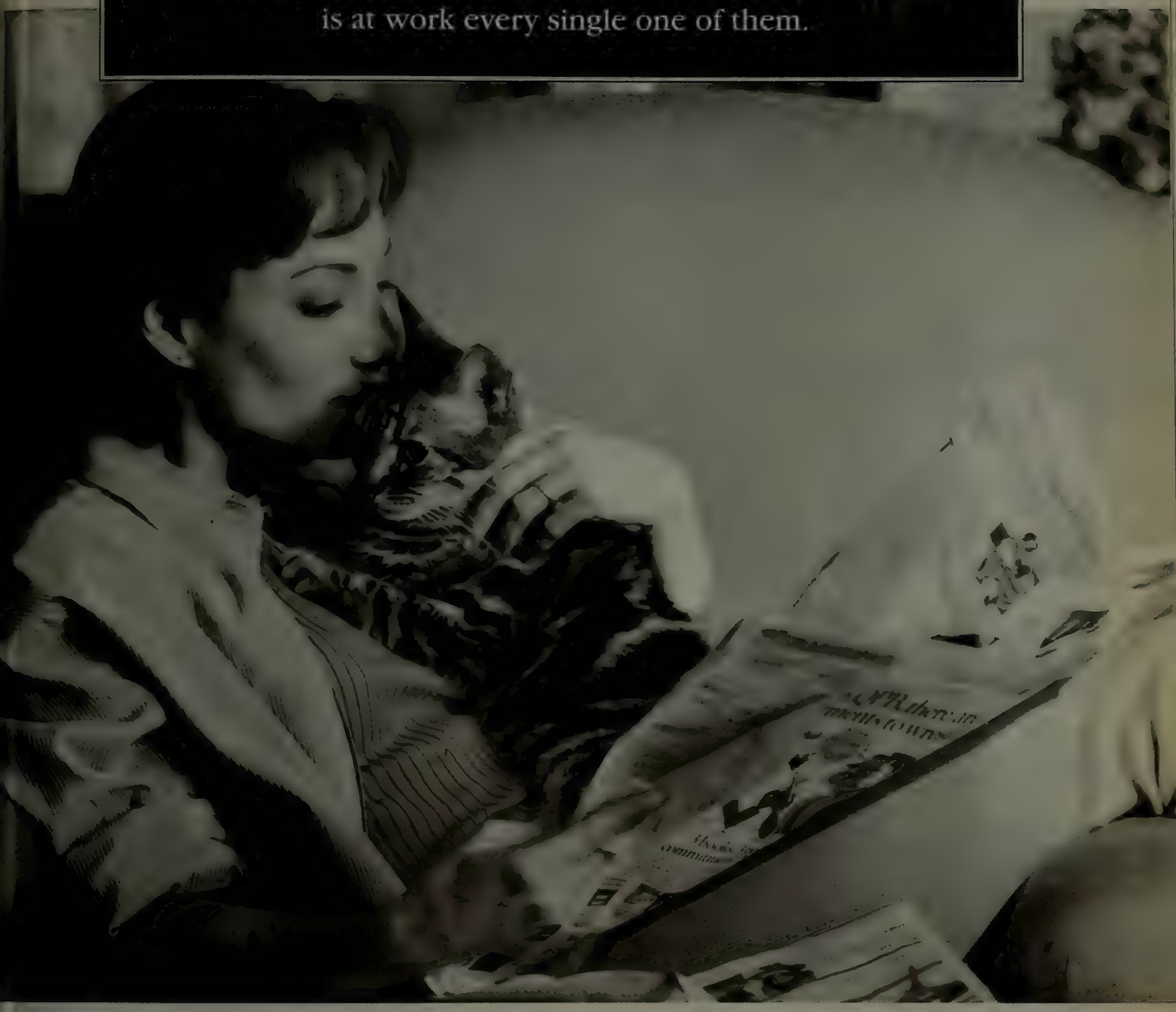
HEARTH ANGEL
Like the good-luck ornaments of long ago, this angel seems to promise happiness and prosperity to those who gather around. Use your choice of fabrics to make this adorable 19×22-inch sign of the season for your own home, or make several to give as gifts to friends. Full-size pattern. Order No. 01517 ($10.95).



SNOW PRINCESS
You will be creating an heirloom when you stitch this 26-inch-tall doll for your daughter, granddaughter, niece, or other family member. Dressed in a fur-trimmed cloak and luxurious muff, this doll is truly a turn-of-the-century treasure. Full-size pattern. Order No. 28150 ($10.95).

continued on page 154

There are 86,400 seconds in a day. Fortunately, Tidy Cat is at work every single one of them.



If there's a cat box around your home, you need the round-the-clock odor protection of Tidy Cat.®

Specially formulated to work every second of every hour of every day, Tidy Cat makes for a consistently fresher, cleaner-smelling cat box. Which is welcome news to you *and* your cat.

Tidy Cat with continuous odor control. Also available in Tidy Scoop® and Multiple Cat formulas.



MAKE IT TIDY ALL THE TIME.™

994 GOLDEN CAT CORPORATION

It's Christmas in July!

continued from page 152



CHILD-SIZE FURNITURE
Give your children or grandchildren a Christmas gift they will cherish forever. For holiday tea parties and make-believe playtimes, craft a child-size Table, Breakfront, and pair of Wing Chairs from our detailed plans. When constructed from mahogany plywood and decorative trims, these miniatures are true scaled-down replicas of traditional Southern furniture. The table, with leaves up, measures 18×26×18 inches, the breakfront measures 39×12½×57½ inches, and the wing chair is 17×15×22 inches. Order No. 50581 ($14.95).





BALLERINA AND TOY SOLDIER
A pair of handcrafted Nutcracker dolls give special meaning to holiday sharing. These two treasures will bring loving memories of a tutti-frutti Christmas throughout the year. Our pigeon-toed prima Ballerina will dance her way into your favorite little girl's heart, and the Toy Soldier waits at attention for holiday hugs. Both of these lovable holiday companions stand about 21 inches tall and are easy to make with your choice of fabrics and our set of two full-size patterns. Order No. 28168 ($15.95).

JINGLE BELL SANTA AND IMPISH ELF
Make these two lovable holiday companions to delight a child on Christmas day or to use as adorable decorations throughout the season. The 21-inch-tall Santa sports a mop (literally!) of hair. The15-inch-tall Elf wears floppy ears, pointed shoes, and a truly endearing expression on his face. These two dolls are easy to make from striped ticking, dyed muslin, felt, velour, and trims made from jute twine, ribbons, and jingle bells. Set of two full-size patterns. Order No. 28173 ($15.95).



These patterns and plans are available exclusively to the readers of *Better Homes and Gardens*® magazine and are not available in stores. Patterns include complete, easy-to-follow, step-by-step instructions; fabric selection tips; trimming, accessorizing, and embellishing ideas; and general doll- and toy-making tips. The Project Plan is a professional-quality woodworker's blueprint that includes a photograph, a complete list of materials to get you started, full-size pattern pieces when required, and clearly written instructions to take you step-by-step through the three furniture projects.

TO ORDER All prices shown include shipping, handling, and sales tax, if applicable. To order with your Mastercard, Visa, or American Express Card, call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066. To order by mail, make a list of the products you wish to order using the order numbers shown, calculate the total from the prices shown, and send your list along with a check or money order for the full amount to: *Better Homes and Gardens* Reader Shopping Service, Department CJ9507, Box 9128, Des Moines, IA 50306-9128.



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ST, A PROVEN SYSTEM GUARANTEED TO K THE FLEA AND TICK CYCLE. IT'S THE Z CONTROL PET CARE SYSTEM.™

ere's nothing more irritating to pets and their s than flea and tick problems. But the insidious f infestation and irritation that makes fleas cks so annoying can now be broken.

anks to Hartz' technology, this cycle can be pted and controlled. The Hartz Control Pet Care System uses the remarkable active chemical ingredient vIGRen™* Insect Growth Regulator (IGR) which helps fight fleas in a scientific and guaranteed effective way.

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Dole Canned Pineapple. Just In Time For The Holidays.



August 28. Fruit Tart.



July 4. Island Kabobs.

July 3. Air-Conditioning Appreciation Day. Cool off by freez pineapple chunks into ice cubes. **July 4. Independence I** Island Kabobs. Skewer some chunks along with chick mushrooms and shrimp. Exercise your freedom of cho *(Thread on skewers Dole® Pineapple Chunks, cubed chic or jumbo shrimp, red or green bell pepper chu and zucchini slices. Brush with barbecue sauce over gr* **July 11. 2000-Days-Before-the-Year-2000 Day.** Don't let millennium end without trying crushed pineapple in a bal potato with jalapeño chilies and hot cheese sau **July 14. Bastille Day.** Le pineapple fruit parfait? O **July 16. National Ice Cream Day.** Spoon crushed pineapple o your favorite flavor and drizzle with hot butterscotch sau **July 28. UFO Day.** It may look alien, but a pineapple ring o chicken sandwich is out of this world. *(Grill or broil bone chicken breast halves and Dole Pineapple Slices, brush occasionally with honey mustard salad dressing. Serve chicken top with pineapple slices and red bell pepper rings on sandwich ro* **August 18. Bad Poetry Day.** Roses are red, violets are b try dipping a pineapple chunk in chocolate, it's delici **August 19. Aviation Day.** Crushed pineapple makes a per landing on cheesecake. **August 21. Hawaii Admission Day.** T dinner into a luau by adding pineapple chunks to chic salad. **August 25. Kiss-and-Make-Up Day.** Bury the hat into a ham and pour crushed pineapple with B sauce over the resulting slice. **August 28. Dream**

Dole Fruit Tart. One bite and you'll have to have someone pinch you. *(Press 1/2 package (20 oz.) prepared refrigerated sugar cookie dough onto an ungreased 12" pizza pan or cookie sheet. Bake at 350° F. 12-15 min. or until light brown. Cool completely. Beat 8 oz. cream cheese with 1/4 cup sugar, 1 tsp. vanilla and 1/4 cup juice from 20 oz. can Dole Pineap Slices, until smooth. Spread over crust. Arrange drained pineap slices and fresh fruit over top.)*



July 28. Maui Chicken Sandv

Hungry for more? Send a self-addressed stamped business envelope to: Dole Pinea Recipes, P.O. Box 9042-K, Clinton, IA 52736-9042. We'll send you recipes to he you ring in the holidays all year long. *©1995 Dole Food Company, Inc. Dole® is registered trademark of Dole Food Company, Inc.*

Our Best RECIPES

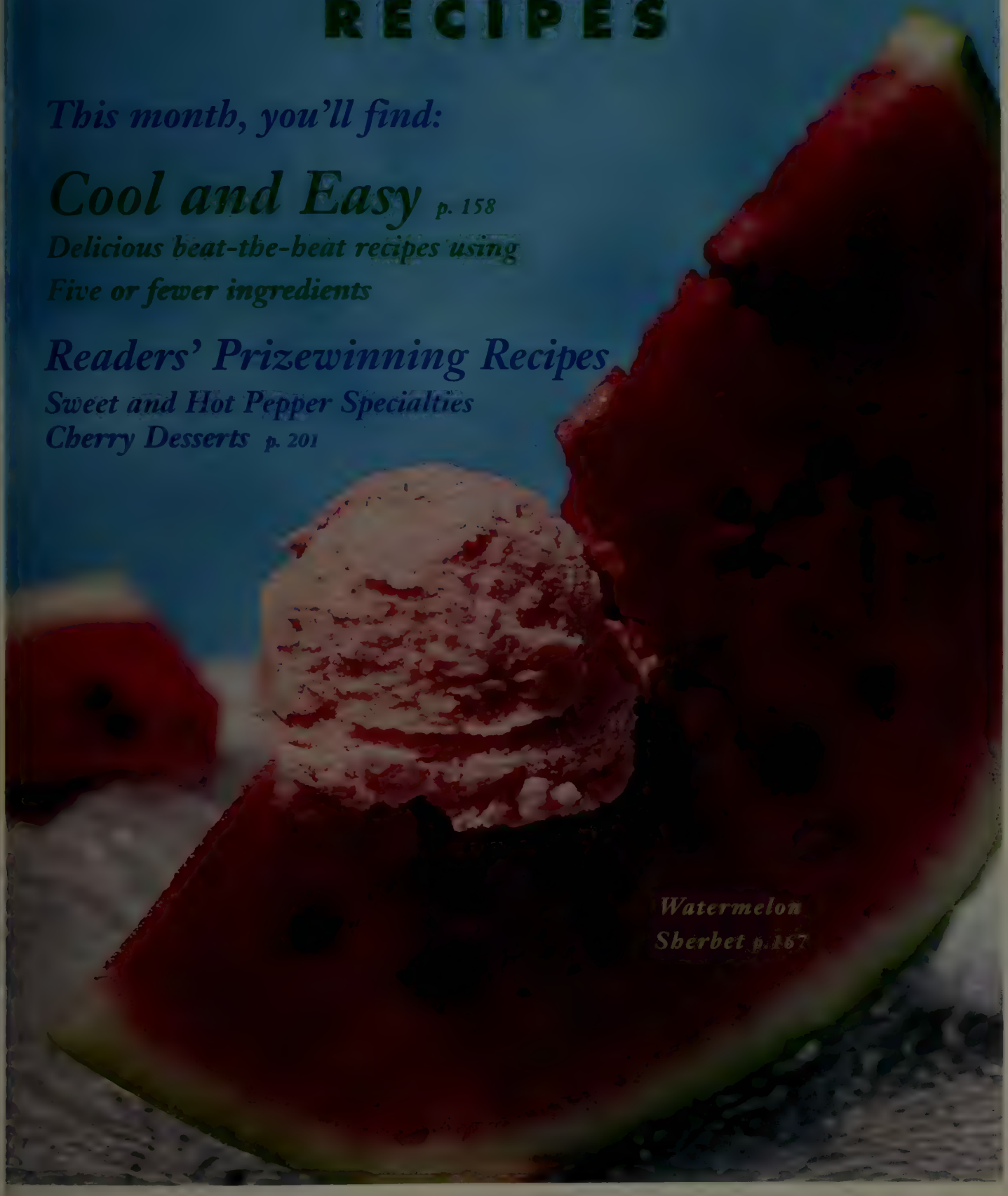
This month, you'll find:

Cool and Easy p. 158

Delicious beat-the-heat recipes using Five or fewer ingredients

Readers' Prizewinning Recipes

Sweet and Hot Pepper Specialties
Cherry Desserts p. 201



Watermelon Sherbet p. 167

By Julia Malloy and Joy Taylor

cool and easy

With just five ingredients, you can put together delicious family recipes without ever turning on your stove.



Mixed Grill, Indian Style



Plum Pilaf

Tomato-Basil Bisque

The All-American way to keep the kitchen cool and the meal making easy is a backyard cookout. Your barbecue will be the envy of the neighborhood when it's sizzling with chops, steaks, or chicken for Mixed Grill, Indian Style. The secret ingredient in the sauce is peanut butter. For a cool dinner partner, stir together Plum Pilaf; the toughest task is boiling the water.

Begin your laid-back meal with bowls of chilled Tomato-Basil Bisque—a wonderful way to savor the garden-fresh tomatoes you've waited for all year.

Recipes begin on page 167

cool and easy

You can toss dinner together in a moment's notice using store-bought, ready-to-eat greens. One taste of this impromptu main-dish salad will have you crying, "Hail, Caesar" forevermore.



Salmon Caesar Salad

Sharing chips, dip, pasta snacks, and a cold drink with good friends out in the yard—what a great way to unwind on a summer day. No doubt, your buddies will cry, "You needn't have cooked so much." Cook? Who cooked? *Recipes begin on page 169*


Raspberry Punch
Just Peachy Salsa and Chips
Presto Pesto Pasta Rolls
Caper-Dill Dip

cool and easy

Celebrate the sweet arrival of peaches and cherries with these two luscious desserts. Indulging is easy because each treat is made in minutes. Along with your simple dessert, serve a frosted mug of sun-brewed tea.

Recipes begin on page 172



Ginger Sun Tea

Glazed Peaches with Chocolate Sauce



Cherry Trifle Cake

cool and easy



Chicken Salad Foldovers

When a poolside chaise lounge is more alluring than fixing lunch, plan ahead. Just stock the kitchen with ready-to-serve makings for super sandwiches that even the kids can fix.

Recipes begin on page 174
Buying information, page 146

You whipped the topping for days.

You stirred the pudding for hours.

You baked the crust from scratch.

(okay, it only took 15 minutes, but who's counting?)



New Jell-O® Double Layer Desserts
No Bake One Tonight.™

To find the crunchier pickle, just follow your goose bumps to the refrigerated section.





Never cooked, always kept cold. No wonder delicious Claussen® pickles are crunchier than cooked pickles you buy off the shelf.*

*As purchased.

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Cool and Easy

continued from page 164

WATERMELON SHERBET

Make this sherbet even easier by starting with seedless watermelon. Scoop the 4-ingredient sherbet onto juicy watermelon wedges or cubes.

- 6 cups cut-up, seeded watermelon
- 3 cups whipping cream
- 1½ cups buttermilk
- 1¼ cups sugar
- Few drops red food coloring (optional)

Place *3 cups* of the watermelon in a blender or food processor container; cover and blend or process till smooth. Repeat with remaining melon. (You should have 4 cups total of melon puree. If necessary, blend or process additional watermelon to measure 4 cups.)

In a large mixing bowl combine the watermelon puree, whipping cream, buttermilk, sugar, and red food coloring, if desired. Stir the mixture till sugar is dissolved. Freeze in a 4- or 5-quart ice-cream freezer according to the manufacturer's directions. Ripen according to the tip at right. Makes 2½ quarts (twenty ½-cup servings).

Freezer directions: Prepare the watermelon mixture as above, except use 3 cups watermelon, 1½ cups whipping cream, ¾ cup buttermilk, and ⅔ cup sugar. Transfer to a 9x9x2-inch pan. Cover and freeze for 2 to 3 hours or till almost firm.

Break the frozen watermelon mixture into small chunks. Transfer to a chilled mixing bowl. Beat with an electric mixer till smooth but not melted. Return to pan. Cover and freeze till firm. Makes 1¼ quarts (ten ½-cup servings).

Nutrition facts per serving: 194 cal., 14 g total fat (8 g sat. fat), 50 mg chol., 34 mg sodium, 18 g carbo., 0 g fiber, and 2 g pro. Daily Value: 17% vit. A, 8% vit. C, 4% calcium, and 0% iron.

GET MORE FLAVOR FROM FROZEN DESSERTS

Homemade frozen yogurt and ice cream taste better and melt more slowly if they ripen before you serve them. To ripen frozen yogurt or ice cream in a traditional-style ice-cream freezer, remove the dasher after churning. Cover the freezer can with waxed paper or foil. Plug the hole in the lid and place the lid on the can. Pack the outer freezer bucket with enough ice and rock salt to cover the top of the freezer can, using 4 cups ice to 1 cup salt. Ripen yogurt or ice cream about 4 hours.

You can ripen the frozen dessert outside, if you like. To ripen ice cream in an ice-cream freezer with an insulated can (no ice needed), remove the dasher after churning. Top the can with the lid. Cover the lid with ice and top with a towel. Ripen about four hours.

MIXED GRILL, INDIAN STYLE

Take your pick—beef, pork, or chicken—or grill all three.

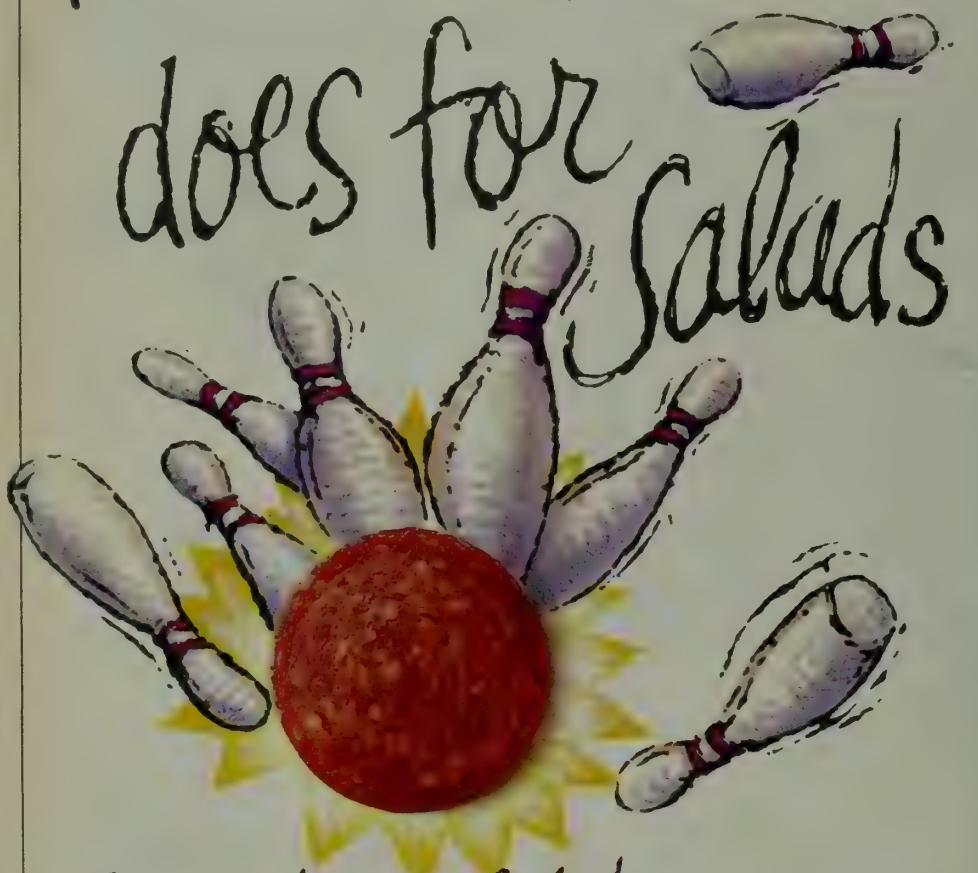
- 1½ lb. desired meat or chicken pieces, such as boneless beef sirloin steak or pork chops, cut ¾ inch thick, or chicken drumsticks, thighs, or breast halves
- ½ cup bottled barbecue sauce
- ¼ cup peanut butter
- ½ tsp. finely shredded orange peel
- 1 to 2 Tbsp. orange juice

Place the desired meat or poultry on a grill rack directly over *medium* coals. Grill, uncovered, to desired doneness, allowing 12 to 14 minutes for medium steak or pork chops and 35 to 45 minutes for chicken pieces, turning once.

continued on page 168



this is what Hormel® Pepperoni does for Salads



Pepperoni Caesar Salad

Bowl 'em over with the best-tasting Caesar salad ever.

8 cups romaine lettuce, torn into bite-sized pieces
1 cup sliced Hormel® Pepperoni
¾ cup shredded Parmesan cheese
¼ teaspoon cracked black pepper
1½ cups croutons

In large bowl, combine ingredients and toss with Caesar dressing. Serves 4.

To make Caesar dressing, blend these ingredients on high until well-mixed:
6 tablespoons olive oil
2 tablespoons red wine vinegar
1 tablespoon mayonnaise
2 cloves garlic
½ teaspoon Dijon mustard
¼ teaspoon Worcestershire sauce





pep it up!™ Hormel Foods

Cool and Easy

continued from page 167

Meanwhile, for sauce, in a small mixing bowl stir together barbecue sauce, peanut butter, orange peel, and enough juice to make of desired consistency. Brush onto meat during the last few minutes of grilling.

Place any remaining sauce in a 1-cup glass measure. Micro-cook on 100% power (high) for 30 to 60 seconds or till boiling. Serve with meat. Makes 6 main-dish servings.

Nutrition facts per serving with beef sirloin: 292 cal., 16 g total fat (5 g sat. fat), 76 mg chol., 367 mg sodium, 8 g carbo., 1 g fiber, 29 g pro. Daily Value: 3% vit. A, 8% vit. C, 1% calcium, and 22% iron.

LIGHTING THE COALS

Lighting the coals properly and keeping them lit is the biggest challenge in barbecuing. Self-lighting briquettes are the easiest coals to light. Just touch them with a match. To jump-start other types of coals, try a starter—liquid, wax-type (solid), or jelly. Before you apply any kind of starter, read the manufacturer's instructions carefully. Wait about a minute after adding the starter before igniting the coals. Never add starter after trying to ignite the coals, and never use gasoline or kerosene as a starter.

PLUM PILAF

This plum-good salad features bulgur, a no-cook whole wheat grain popular in Middle Eastern foods. Look for bulgur in the rice section of your supermarket.

¾ cup bulgur
½ cup reduced-calorie or regular Italian salad dressing
2 cups fresh pea pods, trimmed
2 medium plums, pitted and chopped
1 Tbsp. snipped fresh mint or 1 tsp. dried mint, crushed

Place bulgur in a colander; rinse with cold water. Drain. In a medium mixing bowl combine bulgur and dressing; toss gently to coat. Cover and chill overnight.

Pour boiling water over pea pods. Or, in a 1-quart microwave-safe casserole combine pea pods and 2 tablespoons water. Micro-cook, covered, on 100% power (high) for 1 minute or just till crisp-tender. Drain. Cover and chill till needed.

Before serving, stir chopped plums and mint into bulgur mixture. To serve, arrange pea pods on plates. Top with bulgur mixture. Makes 6 side-dish servings.

Nutrition facts per serving: 114 cal., 2 g total fat (0 g sat. fat), 1 mg chol., 162 mg sodium, 21 g carbo., 6 g fiber, 4 g pro. Daily Value: 1% vit. A, 52% vit. C, 2% calcium, 10% iron.

TOMATO-BASIL BISQUE

This soothing soup combines the best of all worlds—the convenience of ready-made tomato sauce with the fresh taste of garden-grown tomatoes and basil.

- 3 cups peeled, seeded, and coarsely chopped tomatoes
- 1 cup vegetable or chicken broth
- 1 8-oz. can tomato sauce
- 2 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed

In a blender container combine tomatoes, vegetable or chicken broth, and tomato sauce. Cover and blend till smooth. Stir in basil. Cover and chill till serving time. Makes 4 side-dish servings.

Nutrition facts per serving: 56 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 591 mg sodium, 14 g carbo., 3 g fiber, 2 g pro. Daily Value: 17% vit. A, 64% vit. C, 1% calcium, 9% iron.

SALMON CAESAR SALAD

Smoked or grilled salmon turns a snappy side-dish salad into a hearty entrée for three.

- 1 10-oz. pkg. fresh Caesar salad mix (includes lettuce, dressing, croutons, and cheese)*
- 1 small yellow, red, and/or green sweet pepper, cut into matchstick-size strips
- ¼ cup sliced pitted ripe olives
- 6 oz. smoked salmon, skinned, boned, and broken into chunks; or 3 to 4 oz. thinly sliced, smoked salmon (lox-style), cut into bite-size strips; or 4 oz. grilled or canned salmon, skinned, boned, and broken into chunks

In a large salad bowl combine lettuce and dressing from salad mix, pepper strips, and olives; toss gently to coat. Add salmon and the croutons and cheese from mix; toss before serving. Makes 3 main-dish servings.

Nutrition facts per serving: 254 cal., 18 g total fat (2 g sat. fat), 19 mg chol., 971 mg sodium, 10 g carbo., 1 g fiber, and 14 g pro. Daily Value: 10% vit. A, 55% vit. C, 5% calcium, and 7% iron.

**Note:* If you can't find packaged Caesar salad to make this recipe, substitute 5 cups of torn mixed greens, ⅓ cup croutons, 3 tablespoons bottled Caesar or ranch salad dressing, and 2 tablespoons grated Parmesan cheese.

PRESTO PESTO PASTA ROLLS

What's so presto about this pasta? Just pour boiling water over noodles and let them soak until soft enough to roll up.

- 6 no-boil lasagna noodles (about ½ of an 8-oz. pkg.)
- ½ of an 8-oz. container soft-style cream cheese with olives and pimiento
- ¼ cup purchased pesto
- Green leaf lettuce
- 2 2½-oz. pkg. very thinly sliced fully cooked pastrami or ham

In a large bowl or pan pour boiling water over lasagna noodles; let stand for 10 to 15 minutes or till noodles are softened. Drain.

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Cool and Easy

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Stir 1 tablespoon *water* into cream cheese to thin. Spread cream cheese mixture onto one side of each noodle. Spread pesto atop cream cheese mixture. Top pesto with a lettuce leaf. Divide the pastrami or ham among noodles. Roll up noodles, jelly-roll style. Place rolls, seam side down, on a lettuce-lined serving platter. If necessary, secure with toothpicks. Cover and chill for up to 2 hours or till ready to serve.

To serve, cut each roll into 4 slices. Makes 24 appetizer servings.

Nutrition facts per serving: 58 cal., 3 g total fat (1 g sat. fat), 11 mg chol., 97 mg sodium, 4 g carbo., 0 g fiber, 3 g pro. Daily Value: 1% vit. A, 0% vit. C, 0% calcium, 1% iron.

JUST PEACHY SALSA

For a playful presentation, spoon the salsa into an avocado half brushed with lemon juice. Serve with low-fat or regular tortilla chips or grilled pork, chicken, or fish.

- 1 cup chopped, peeled peaches or unpeeled nectarines
- 1 cup chopped, seeded cucumber
- ⅔ cup salsa
- 2 Tbsp. snipped fresh cilantro or parsley

In a medium mixing bowl combine chopped fruit, cucumber, salsa, and cilantro or parsley. Toss gently to coat. Cover and chill for up to 2 days or till serving time. Makes about 2 cups.

Nutrition facts per tablespoon: 3 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 42 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 2% vit. C, 0% calcium, 0% iron.

CAPER-DILL DIP

Ready for a cool dip? This creamy caper-dill combo is the coolest. Serve it chilled with bagel chips, other snack chips, or vegetable dippers.

- 1 8-oz. container sour cream dip with toasted onion
- 2 Tbsp. capers, drained
- 1 Tbsp. snipped fresh dill or 1 tsp. dried dillweed, crushed

In a small mixing bowl stir together sour cream dip, capers, and dill. Cover and chill for up to 2 days or till serving time. Makes 1 cup.

Nutrition facts per tablespoon: 29 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 132 mg sodium, 1 g carbo., 0 g fiber, 0 g pro.

RASPBERRY PUNCH

Iced tea, lemonade, and ruby raspberries make for one vibrant and delicious drink.

- 5 single-serving-size tea bags
- ¼ cup orange juice
- 1 Tbsp. sugar
- 1½ cups fresh or frozen loose-pack red raspberries, thawed
- 1 6-oz. can (⅔ cup) frozen lemonade concentrate, thawed

In a 2-quart clear glass pitcher combine 4 cups *cold water* and tea bags. Cover with a lid or clear plastic wrap. Let stand in full sun or at room temperature for 2 to 3 hours or till the tea reaches desired strength. Remove tea bags. Stir in orange juice and sugar.

Place fresh or thawed raspberries in a blender container or food processor bowl. Cover and blend or process till smooth. Strain through a sieve or colander to remove the raspberry seeds.

Add the raspberry puree, lemonade concentrate, and 2 cups *cold water* to tea mixture. Stir gently to mix. Cover and chill till ready to serve. To serve, pour the punch over ice in tall glasses. Makes 16 (8-ounce) servings.

Nutrition facts per serving: 31 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 8 g carbo., 1 g fiber, 0 g pro. Daily Value: 0% vit. A, 18% vit. C, 0% calcium, 1% iron.

continued on page 172

RIPENING FRESH FRUIT

Like magic, you can transform underripe fruits into juicy-sweet gems—all you need is a clean paper bag. Because some fruits are picked and shipped when they are still firm, additional ripening after purchase is often necessary. These fruits include pears, peaches, nectarines, plums, bananas, apricots, kiwi fruit, tomatoes, and avocados.

To ripen fruit, place the firm pieces in a small, clean paper bag. Loosely close the bag and store at room temperature. Feel free to mix varieties of fruit in the same bag. To speed up the ripening process, place a mature apple or ripe banana in the bag with the underripe fruit.

Check the fruit daily and remove any fruit that yields to gentle hand pressure. For bananas, rely on the color of the peel to judge ripeness. When ready, enjoy your ripe fruit immediately. Or, remove the fruit from the bag and transfer it to the refrigerator for a few days. Refrigeration retards further ripening. (Do not chill tomatoes because the flesh gets mushy. With bananas, the peel turns black but the flesh remains acceptable.)

So what does the paper bag have to do with ripening fruit? Fruit produces a clear, harmless, odorless gas called ethylene that promotes ripening. By placing the fruit in a paper bag, this gas stays close to the fruit allowing faster, more uniform ripening. A plastic bag is not recommended because it doesn't allow the fruit to breathe and can produce mold on the fruit from the high moisture content trapped in the plastic bag.

They'll All Want Seconds On The Fourth

with Cool Whip® and Sara Lee®



FLAG CAKE

1 (10.75 oz.) frozen SARA LEE® Pound Cake, thawed, cut into 10 slices

★ ★ ★

2 pints strawberries

1 tub (12 oz.) COOL WHIP® Whipped Topping, thawed

★ ★ ★

1⅓ cups blueberries, divided

SLICE 1 cup of strawberries; set aside. Halve remaining strawberries; set aside.
LINE bottom of 12 x 8 inch baking dish with pound cake slices. Top with 1 cup sliced strawberries, 1 cup of the blueberries and all of the whipped topping.
PLACE strawberry halves and remaining ⅓ cup of blueberries on whipped topping to create a flag design.
REFRIGERATE until ready to serve. Makes 15 servings.



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I Can't Believe It's Not Butter!® SPRAY

PRESENTS:

A TASTE OF Romance

Planning a special evening? Try these ideas to begin and end the perfect romantic dinner!

Stuffed Antipasto Bread

Slice the top third off a loaf of round, crusty bread. Reserve bread top. Hollow-out inside of bread, to make a bread shell. Spray bread shell with I Can't Believe It's Not Butter! Spray. Toast lightly in a warm oven. Fill bread with a mixture of chopped green olives, slivered Kalamata olives, marinated artichoke hearts, roasted red peppers, capers, shredded Jarlsberg cheese, parsley, salt and pepper. Place bread top over filling. Serve chilled or at room temperature in sliced wedges.

For a Beautiful Dessert Presentation

Spray the center section of a dessert plate with I Can't Believe It's Not Butter! Spray. Place a small heart–shaped doily onto the plate. Sprinkle the plate with confectioner's sugar or cocoa. Carefully lift the doily to display a lacy heart! Serve a small dessert in the center of the heart.



Spraying is Believing!™

Cool and Easy

continued from page 170

GINGER SUN TEA

Let the sunshine do the cooking for you. This tea brews as it basks in a sunny spot on your deck.

- 8 single-serving-size tea bags
- 1 1- to 2-inch piece gingerroot, thinly sliced
- 2 to 4 Tbsp. sugar
- 2 12-oz. bottles or cans ginger ale, chilled
- 1 orange, halved lengthwise and thinly sliced (optional)

In a 2-quart clear glass container combine 4½ cups *cold water,* tea bags, and gingerroot. Cover with a lid or clear plastic wrap. Let stand in full sun or at room temperature for 2 to 3 hours or till desired strength. Remove tea bags. Stir in sugar. Cover and chill till ready to serve.

Pour tea mixture through a strainer into a 2-quart pitcher. To serve, add ginger ale. Pour over ice in tall glasses. If desired, garnish with orange. Makes 8 (8-ounce) servings.

Nutrition facts per serving: 43 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 11 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, 1% iron.

GLAZED PEACHES WITH CHOCOLATE SAUCE

This juicy peach dessert cooks in a flash in your microwave oven.

- 4 medium peaches or nectarines (about 1½ lb. total)
- 1 Tbsp. margarine or butter
- ¼ cup orange marmalade or apricot or peach preserves
- 1 Tbsp. orange liqueur, apricot brandy, or orange juice
- Chocolate ice-cream topping

Peel peaches, if using. Prick nectarines, if using, with the tines of a fork. (Or, cut fruit in half and remove the pits.) Set aside.

For glaze, in a 1½-quart microwave-safe casserole heat margarine or butter, uncovered, on 100% power (high) for 30 to 40 seconds or till melted. Stir in marmalade and liqueur, brandy, or juice.

Add peaches or nectarines. Spoon glaze over fruit. Cook, covered, on high for 3 to 4 minutes or till fruit is tender, gently stirring once or twice.

Serve warm. Place fruit in 4 dessert dishes. Top with glaze and chocolate topping. Makes 4 servings.

Nutrition facts per serving: 155 cal., 4 g total fat (3 g sat. fat), 8 mg chol., 38 mg sodium, 30 g carbo., 2 g fiber, 1 g pro. Daily Value: 7% vit. A, 11% vit. C, 2% calcium, 2% iron.

CHERRY TRIFLE CAKE

Put some sherry in a cherry dessert. Substitute 2 to 4 tablespoons of cream sherry for an equal amount of the fruit juice.

- 1 9½-inch tart-shaped sponge cake or 8 individual sponge cakes or shortcakes
- ½ cup cherry or orange juice
- ½ of a 4-oz. container frozen whipped dessert topping, thawed
- 1 6-oz. carton (⅔ cup) cherry-vanilla or desired flavor yogurt
- 2 cups fresh light or dark sweet cherries, such as Rainier or Bing

Place cake(s) on a serving platter; sprinkle with juice. Set aside.

In a small mixing bowl stir together whipped topping and yogurt; spread onto cake(s). Cover and chill for up to 2 hours.

Before serving, remove stems from cherries; halve and remove seeds. Arrange cherries, cut side down, on top of the yogurt mixture. Makes 8 servings.

Nutrition facts per serving: 146 cal., 3 g total fat (2 g sat. fat), 27 mg chol., 76 mg sodium, 28 g carbo., 1 g fiber, 3 g pro. Daily Value: 2% vit. A, 4% vit. C, 4% calcium, 5% iron.

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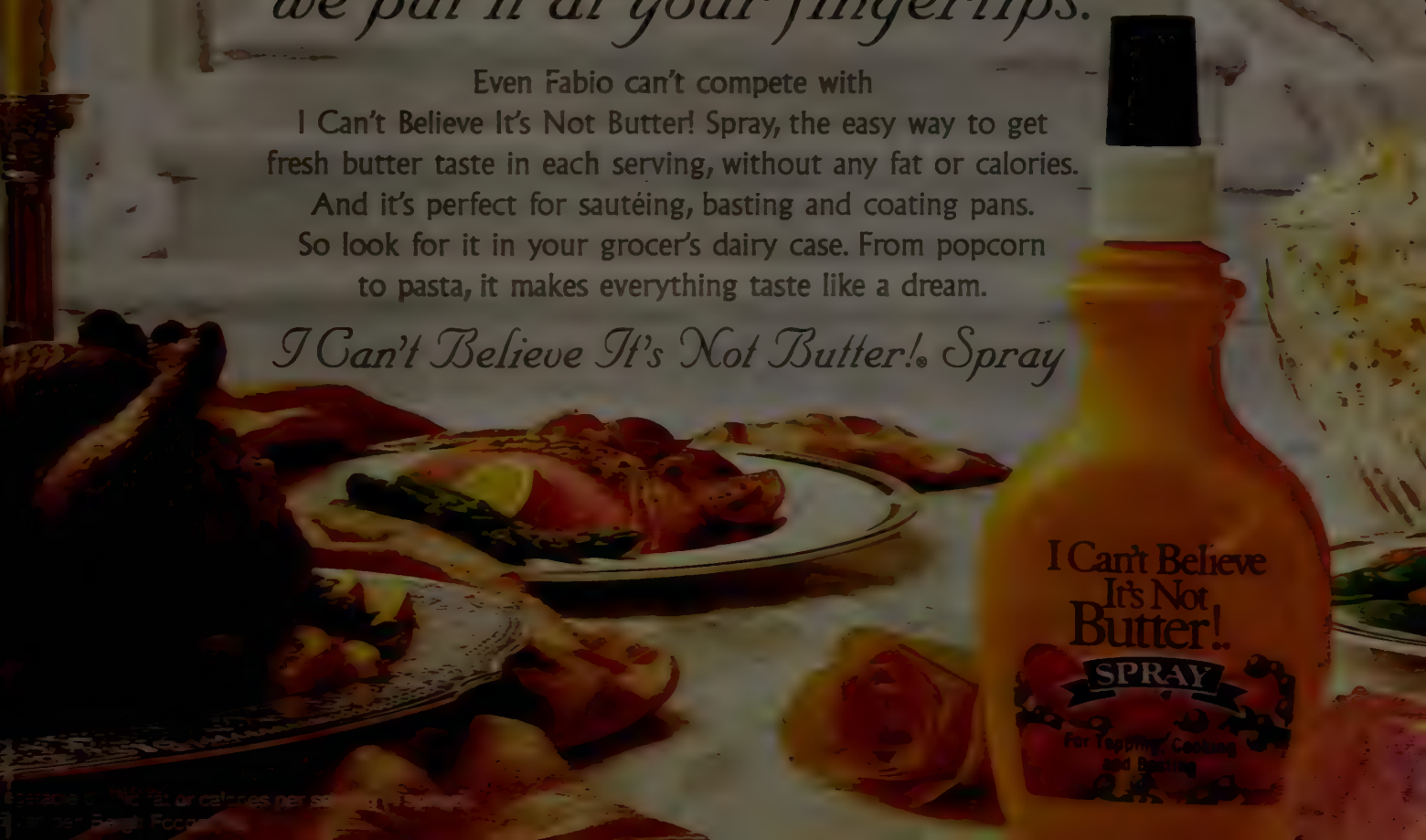
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we put it at your fingertips.

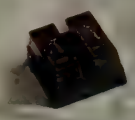
Even Fabio can't compete with I Can't Believe It's Not Butter! Spray, the easy way to get fresh butter taste in each serving, without any fat or calories. And it's perfect for sautéing, basting and coating pans. So look for it in your grocer's dairy case. From popcorn to pasta, it makes everything taste like a dream.

I Can't Believe It's Not Butter!® Spray









It's deliciously simple.

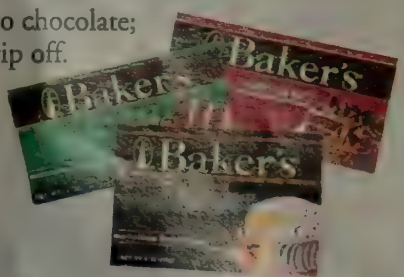
Just grab a box of Baker's® Chocolate and your favorite fruit.* Then:

Step 1. ***Microwave*** chocolate in microwavable bowl on HIGH for 2 minutes, stirring halfway through heating time. Stir until completely melted.

Step 2. ***Dip*** fruit into chocolate; let excess chocolate drip off.

Step 3. ***Let stand*** or refrigerate on wax paper until chocolate is firm.

Step 4. ***Enjoy.***



*Pat moist fruit dry.

BAKER'S®

Taste the difference real chocolate makes.

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Cool and Easy

continued from page 172

CHICKEN SALAD FOLDOVERS

Head for the deli to get a head start on lunch—a chunky chicken salad that you flavor with chutney and spoon into pocket bread. Of course, if you want to make your own chicken salad, you can follow the recipe below.

- 1⅓ cups chunk-style creamy chicken salad or Homemade Chicken Salad (see recipe below)
- 2 Tbsp. chopped chutney
- 4 pita bread rounds
- Alfalfa sprouts
- Fresh mango or apricot slices

For filling, in a small mixing bowl stir together chicken salad and chutney.

Wrap pita bread rounds in a microwave-safe paper towel. Micro-cook on 100% power (high) for 30 seconds or till softened.

To serve, top pita bread rounds with alfalfa sprouts, chicken salad, and mango or apricot slices. Fold bread over filling; skewer with a toothpick, if necessary. Makes 4 main-dish servings.

Nutrition facts per serving: 364 cal., 13 g total fat (2 g sat. fat), 22 mg chol., 788 mg sodium, 47 g carbo., 1 g fiber, and 14 g pro. Daily Value: 8% vit. A, 10% vit. C, 8% calcium, and 19% iron.

Homemade Chicken Salad: In a medium mixing bowl stir together 1½ cups chopped cooked chicken or turkey, ½ cup sliced celery, ½ cup thinly sliced green onions, 1 tablespoon lemon juice, and ⅛ teaspoon pepper. Stir together ⅓ cup reduced-calorie or regular mayonnaise or salad dressing, 2 tablespoons sweet pickle relish or chopped green pepper, and 2 teaspoons prepared mustard; stir into chicken mixture. Gently stir in 2 chopped hard-cooked eggs. Cover and chill till ready to serve.

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Find your favorite *Better Homes and Gardens* recipes in a flash! This 320-page cookbook includes every recipe published in the 1995 issues of our magazine, plus bonus recipes, low-fat cooking tips, ingredient substitutions, and more. Over 500 recipes! Not available in bookstores. Call now to reserve a copy for yourself or a friend: 800/678-2665. Books will be shipped around December 1, 1995.

nutrition information

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein will help you keep tabs on what you eat.

You can check for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

The analysis is calculated using two-percent milk.

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

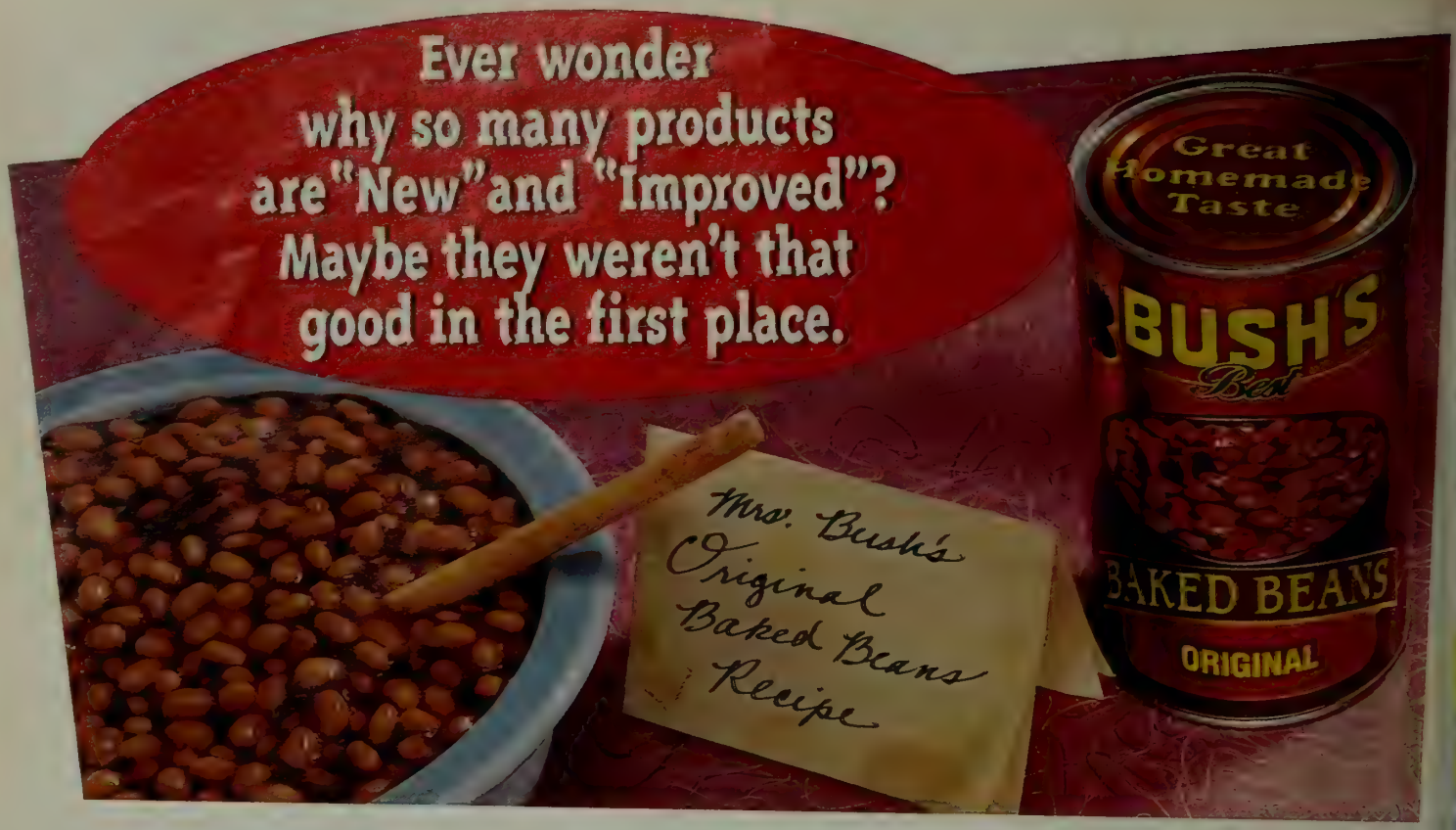
WHAT YOU NEED

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There's no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.



Lipton® Recipe Secrets® Savory Herb with Garlic. The Secret Good Cooks Know.



The same secret recipe Mrs. Bush perfected generations ago has made Bush's Baked Beans America's favorite. Whether you choose our Original, Onion, Vegetarian or Homestyle flavor, you'll agree some things can't be improved on. ***No one bakes 'em better.***

the clever cook

Each month in this column you'll find tips from other good cooks. See *page 178* to find out how you can earn money for sharing your clever cooking secrets.

EASY-AS-PIE TAPIOCA

Tapioca thickens pies beautifully and keeps the juices clear, but my family doesn't like the lumps. For that reason, when a pie recipe calls for tapioca, I blend quick-cooking or pearl tapioca in the blender until it forms a powder. About 3 or 4 tablespoons of ground tapioca will thicken a 9-inch fruit pie.

Vera M. Sgro, *Cleveland, Ohio*

MINTY FLOWERS

When our garden overflows with mint, I use long sprigs of it in my flower arrangements. It smells so refreshing and looks especially pretty in a vase with daisies.

Brigid Gunn, *West Hartford, Conn.*

DRAINING YOGURT

Line a colander with a basket-type paper coffee filter. Add yogurt (without gelatin) and place the colander over a mixing bowl. Chill in the refrigerator and, in an hour or so, you'll have a great low-fat substitute for sour cream.

Sherry Johnston, *Orange Park, Fla.*

PLACE MATS MAKE THE CUT

When plastic tablecloths begin to wear out, recycle them by turning them into place mats. Use a rotary cutter or scissors to cut out place mats where there isn't any wear.

Gloria Kilfoyle, *Mentor, Ohio*

IN-A-PICKLE DRESSING

After eating that last pickle, recycle the pickle juice. Stir some of the juice into mayonnaise or salad dressing. Serve in sandwiches or pasta or potato salads.

Elizabeth Buck, *Zumbrota, Minn.*

continued on page 178

You used to just peel it and drink it. Now guess what you can do with it.



Introducing a new way to cook. Florida orange and grapefruit juice are the healthy, creative ways to eliminate oils and fats while giving your meals more flavor. It'll even change the way you barbecue this summer. Check out the Florida Citrus Growers' *Fit, Fresh & Fast* recipe booklet in this magazine. It's full of delicious ideas, like marinating steak with citrus salsa, or spicing up barbecue chicken with a tangy orange glaze. No matter how you choose to cook with orange and grapefruit juice, indoors or out, they're bound to make your meals better than you ever could've guessed.



100% Pure Florida Orange Juice.
To Your Health.

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Clever Cook

continued from page 176

FREEZ'NG LEFTOVER TOMATO PASTE

Store leftover tomato paste in an easy-to-use form. Spoon it into a freezer storage bag; flatten, remove the air, and freeze. Break off small chunks for sauces, stews, or soups.

Karen Niknami, *Colorado Springs, Colo.*

MEMORY GAME

Keep summer fun with a game kids can make and play—memory. Clean and save your frozen juice lids. Place stickers on the lids, making sure each has a partner. Arrange the lids sticker side down. The kids overturn two lids at a time, remembering where the partner for each lid is.

Gail Lainhart, *Spokane, Wash.*

WHIPPED MARGARINE SAVES CALORIES

Make a fluffy whipped margarine that's soft enough to spread right from the refrigerator and lower in calories, too. In a nonmetal mixing bowl soften 2 sticks of cold margarine in the microwave oven for 30 seconds. With an electric mixer on medium speed, gradually beat in 1 cup ice water till light and fluffy. Pack the whipped margarine into a storage container and keep it in the refrigerator for up to a month.

Suzanne Zima, *Plymouth, Minn.*

SKINNING SAUSAGE

To remove the skins from Polish sausages, freeze the sausage. Before thawing or cutting it up for a recipe, use a vegetable peeler to peel the sausage as you would a carrot.

Elsa Dixon, *Kelso, Wash.*

RECORDING RECIPES

My husband often forgets the ingredients for the miracle dishes he concocts. Recently, we found a solution. When preparing a recipe, he relays his actions into a tape recorder, saying a pinch of this, tablespoon of that, etc. If the dish is worth repeating, he listens to the tape and writes down the ingredients. If it's a disaster, we rewind the tape for another attempt.

Lynn M. Reinke, *Kingwood, Texas*

ARE YOU A CLEVER COOK?

Send us your niftiest kitchen tips. This month, we are looking for original, clever ideas that relate to saving time. We will pay $25 for each published tip. Send tips to: The Clever Cook, BH&G Food Dept., 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. No letters will be returned.

BH&G PRIZE TESTED RECIPES®

Win Money and Prizes

ONE ANNUAL GRAND PRIZE:
FRIGIDAIRE GALLERY COLLECTION APPLIANCES
(refrigerator, dishwasher, microwave oven, and range; estimated retail value: $2,200)
EACH MONTH: TWO $200 WINNERS, TWO $100 WINNERS, SIX HONOR ROLLS
All winners receive WEBER barbecue tools and accessories.

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Enter recipes that fit the two recipe categories. Then, seven months later, we'll feature the four top recipes on the Prize Tested Recipes pages. At year's end, all top winners are eligible to win our grand prize.

HINTS FOR THIS MONTH'S CATEGORIES

Best-Loved Soups and Chowders: When soup's on, do you clamor for clam chowder or chant for chili? Your steaming bowlful may be an appetizer or main dish.

Peanut Butter Treats: Not just a sandwich stuffer, peanut butter is a hit in cookies, cakes, pies, breads, sauces, and desserts. Team it with such favorites as honey or chocolate, or leave the peanut butter flavor pure.

THIS MONTH'S WINNERS—pages 201 and 202

All winners received a BRAUN Multimix Handmixer.

$200 Winners: Sharon Davidson, Reno, Nev.; Lynn Moretti, Oconomowoc, Wis.

$100 Winners: Bernice Janowski, Stevens Point, Wis.; Sandy Szwarc, Albuquerque, N. Mex.

Honor Roll: Melanie Caine, Duluth, Ga.; Betty Cornelison, Portland, Ore.; Janice Elder, Charlotte, N.C.; Deborah Johns, Champaign, Ill.; Christine Ridd, San Diego, Calif.; Elisa Stasi, Bethel Park, Pa.

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name, address, and recipe marked "February Best-Loved Soups and Chowders" or "February Peanut Butter Treats." Specify brands and recipe origin. 3. Address recipes to 9602 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Postmark all entries by July 31, 1995. 5. Monthly winners will be selected about 60 days later, then notified by mail. Top winners must sign an affidavit and release. The annual grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and will be notified by mail. 6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law.

With 3 new dessert flavors, there's even more

Light

at the end of the tunnel.



Just because you're watching your weight doesn't mean you can't have fun. That's why Dannon is bringing three more delectable dessert flavors to light: **Coconut Cream Pie**, **Mint Chocolate Chip** with chocolate crunchies and **Caramel Apple Crunch** with toffee crunchies. They're all fat free and 150 calories or less. So now there are twenty deliciously unique Dannon Light® flavors to choose from. All to help light your way.

Taste why it's DANNON®

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by Kristi Fuller, R.D.

Drink Your Veggies!



CARROT-APPLE SMOOTHIE
This vibrant orange drink makes getting your vitamin A for the day a treat.

CUCUMBER-DILL BUTTERMILK
Buttermilk is as low-fat as one-percent milk and tastes tangy like yogurt.

ZIPPY TOMATO-PEPPER DRINK
Almost double your vitamin C for the day with this beverage.

You don't need a state-of-the-art juicer to reap the health benefits of vegetable juices. With a blender and our tested recipes, you can make flavor-bursting, nutritious drinks that retain all of the beneficial fiber, vitamins, and minerals in the vegetables.

CUCUMBER-DILL BUTTERMILK

- 1 medium cucumber, chilled, peeled, seeded, and chopped
- 1 cup buttermilk
- 1 small green onion, cut up
- 2 tsp. snipped fresh dill or ¼ tsp. dried dillweed
- ⅛ tsp. salt

In a blender container place cucumber. Cover; blend till finely chopped. Add remaining ingredients. Cover and blend till almost smooth. Chill in the freezer for a few minutes. Makes 2 (1-cup) servings.

Nutrition facts per serving: 69 cal., 1 g total fat (1 g sat. fat), 5 mg chol., 265 mg sodium, 10 g carbo., 3 g fiber, 5 g pro. Daily Value: 5% vit. A, 16% vit. C, 13% calcium, 3% iron.

CARROT-APPLE SMOOTHIE

- 3 medium carrots, peeled and sliced (1½ cups)
- ¾ cup boiling water
- 1½ cups apple juice

In a small saucepan cook carrot, covered, in the ¾ cup boiling water about 20 minutes or till very tender. Cool. Transfer carrots and cooking liquid to blender container. Add apple juice. Cover; blend till carrot is smooth. Add additional apple juice to make of desired consistency. Chill. Makes 3 (¾-cup) servings.

Nutrition facts per serving: 89 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 51 mg sodium, 22 g carbo., 3 g fiber, 1 g pro. Daily Value: 170% vit. A, 4% vit. C, 2% calcium, 5% iron.

ZIPPY TOMATO-PEPPER DRINK

- 2 medium tomatoes, peeled, seeded, and cut up
- ½ of a 7-oz. jar roasted sweet peppers
- 1 tsp. sugar
- 2 Tbsp. lime juice
- Few drops bottled hot pepper sauce

In a blender container combine tomatoes, sweet peppers, sugar, lime juice, and bottled hot pepper sauce. Cover and blend till smooth. Serve over ice. Makes 2 (¾-cup) servings.

Nutrition facts per serving: 47 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 13 mg sodium, 11 g carbo., 2 g fiber, 1 g pro. Daily Value: 23% vit. A, 195% vit. C, 0% calcium, 6% iron.

or a refreshing taste of the tropics, let us

Light

your way.



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Get a taste of the tropics with Dannon Light's new eye-opening, mouthwatering flavors, **Strawberry-Kiwi** and **Tangerine Chiffon**. Both fat free and just 100 calories, these two tantalizing treats now make it twenty fabulous Dannon Light® flavors in all. So if you're looking for some new, exotic tastes, let us show you the light.

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by Lisa Holderness

Tiny Tomatoes, Big Taste

Dried tomatoes burst with flavor year-round



Europeans originally sun-dried tomatoes to preserve them for winter. In America, it's the intense tomato flavor that has made them so popular.

DRIED TOMATO AND ONION TART

This appetizer tart showcases colorful, sliced dried tomatoes. Serve it as a lunch entrée too.

Pastry for a single-crust 9-inch pie
½ cup sliced or finely snipped dried tomatoes (not oil-pack)
1 small onion, thinly sliced and separated into rings
1 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
1 Tbsp. margarine or butter
1 cup light cream or milk
3 beaten eggs
3 oz. farmer cheese, shredded
¼ cup finely chopped fully cooked ham

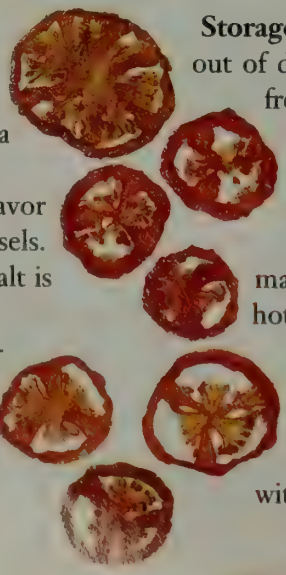
On a lightly floured surface, roll pastry from center to edges, forming a circle about 13 inches in diameter. Loosely wrap pastry around rolling pin. Unroll onto a 10-inch tart or quiche pan. Ease pastry into pan, being careful not to stretch pastry. Press edges of piecrust against edges of pan. Trim excess pastry. Line pastry shell with a double thickness of heavy-duty foil; press down firmly but carefully. Bake in a 450° oven for 5 minutes. Remove foil; bake for 7 to 9 minutes more or till pastry is nearly done (pastry will not be brown). Remove pastry from the oven; place on a wire rack. Reduce the oven temperature to 325°.

Meanwhile, cover the dried tomatoes with boiling water; let stand for 2 minutes. Drain well; set aside. In a small skillet cook the onion and basil in hot margarine or butter till onion is tender but not brown.

For filling, in a large mixing bowl stir together cream or milk and eggs. Stir in tomatoes, farmer cheese, ham, ½ teaspoon *salt*, and ¼ teaspoon *pepper*. Add onion mixture; mix thoroughly. Pour filling evenly into the pastry. Bake in the 325° oven for 30 to 35 minutes or till the top is golden and a knife inserted near the center comes out clean. Serve warm. Makes 12 appetizer servings.

Nutrition facts per serving: 185 cal., 13 g total fat (4 g sat. fat), 69 mg chol., 192 mg sodium, 12 g carbo., 0 g fiber, 6 g pro. Daily Values: 7% vit. A, 3% vit. C., 7% calcium, 5% iron.

DRIED-TOMATO TALK



What are they? Dried tomatoes are vine-ripened tomatoes that have been cut in half or sliced and dried. Those dried in the sun are usually labeled sun-dried, while those dried in a dehydrator are called just dried tomatoes.

Flavor: Expect an intense, sweet tomato flavor and a chewy texture from these deep red morsels. Sun-dried tomatoes often taste saltier because salt is used in the drying process.

Where to find them: Look for dried tomatoes in supermarkets, gourmet shops, and specialty stores. The most common forms are halves, bits, and slices, either dried or packed in oil (marinated).

Storage: Keep the dry forms in an airtight container out of direct light. Place them in the refrigerator or freezer for long-term storage (up to 1 year). You can store oil-pack tomatoes in the refrigerator for up to 6 months after opening, but make sure that the oil covers the tomatoes.

Uses: Try oil-pack dried tomatoes in place of marinated artichokes in recipes, toss them with hot pasta and pesto, or chop them and stir into salad dressing (use oil marinade in place of the oil in dressing). Liven up pizza, soups, burgers, and stuffings with any form of dried tomatoes. To rehydrate dried tomatoes, cover with boiling water, soak 2 minutes, and drain.

MINUTE RICE-IPES®

I've made this recipe for fifteen years and it's always a big hit!





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CHICKEN AND BROCCOLI STIR-FRY

PREP: 10 MIN. COOK: 15 MIN.

1 TBSP. OIL, 1 LB. BONELESS, SKINLESS CHICKEN BREASTS — CUT INTO STRIPS, 4 CUPS CHOPPED VEGETABLES, 1 1/2 CUPS CHICKEN BROTH, 2 TBSP. EACH SOY SAUCE AND CORNSTARCH, 1 TSP. GARLIC POWDER, 3/4 TSP. GINGER, 4 SERVINGS COOKED MINUTE® ORIGINAL RICE.

- STIR-FRY CHICKEN IN HOT OIL UNTIL BROWNED. ADD VEGETABLES; COOK AND STIR UNTIL TENDER-CRISP.
- MIX BROTH, SOY SAUCE, CORNSTARCH AND SPICES; STIR INTO SKILLET. BRING TO BOIL; BOIL 1 MINUTE. SERVE OVER RICE. MAKES 4 SERVINGS.



Can you believe? Less than 30 minutes!

aste Sharmaine Moody's MINUTE® Rice stir-fry. It's perfect.

ople like Sharmaine Moody write to us every day to tell us how MINUTE® Rice fits into their busy lives. And harmaine wrote to tell us how much she loves her quick and easy Chicken & Broccoli Stir-Fry. She makes it with INUTE® Rice, which is perfect in five minutes every time. Sharmaine's family loves it. We think you will, too.

by Julia Malloy

Superstar Spinach Salad

The classic salad of fresh spinach leaves and bacon dressing became a hit when it first appeared on restaurant menus in the sixties. Now star-shaped melon cutouts, sprightly orange dressing, and lean ham brighten and lighten spinach salad for today's tastes.



SPINACH SALAD WITH ORANGE-POPPYSEED DRESSING

Ham makes this popular salad hearty enough for a main dish.

- ½ of a small cantaloupe
- 7 cups torn fresh spinach
- 1 cup cubed fully cooked lean ham
- ½ of a medium red onion, thinly sliced
- ½ cup toasted pecan halves
- ⅓ cup Orange-Poppyseed Dressing

Remove the seeds and peel from the cantaloupe. Thinly slice the cantaloupe lengthwise; using miniature cutters, cut the melon into stars. (Or, use a melon baller to scoop the melon half into balls.) In a large serving bowl toss together cantaloupe, spinach, ham, and red onion. Cover and chill till needed, up to 8 hours.

Before serving, add pecans and dressing to mixture. Toss to mix. Makes 4 main-dish or 8 side-dish servings.

Orange-Poppyseed Dressing: In a food processor bowl or blender container combine 3 tablespoons sugar, 1½ teaspoons finely shredded orange peel, 2 tablespoons orange juice, 2 tablespoons vinegar, 1 tablespoon finely chopped onion, and a dash pepper. Cover and process or blend till combined. With the processor or blender running, slowly add ⅓ cup salad oil in a steady stream through hole or opening in top. Process or blend till mixture is thickened. Stir in 1 teaspoon poppyseed. Cover and chill till needed, up to 1 week. Shake before using. Makes ¾ cup.

Nutrition facts per main-dish serving: 286 cal., 20 g total fat (3 g sat. fat), 19 mg chol., 507 mg sodium, 19 g carbo., 4 g fiber, 12 g pro. Daily Value: 91% vit. A, 119% vit. C, 10% calcium, and 24% iron.

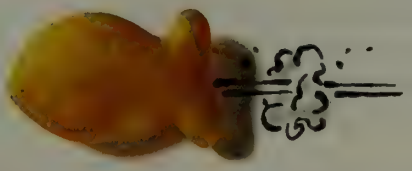


To clean spinach, rinse the leaves in a large bowl of cool water. Remove and drain leaves. Repeat until no sand collects in the bowl. Gently pat leaves dry on paper toweling.



To cut star-shaped melon pieces, use a star-shaped hors d'oeuvre cutter or small cookie cutter to cut thinly sliced melon. Press the cutter straight down to get clean, smooth edges.

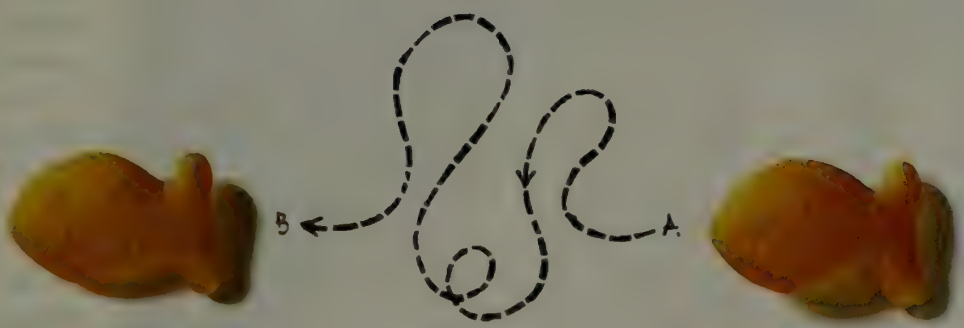
Five ways Goldfish like to travel.



Really, really fast



Incognito



Via the scenic route



By air



In packs

A little fish. A lotta fun.

© 1995 Pepperidge Farm, Inc.

Surprising Jellies

These home-cooked jellies break out of the just-for-breakfast routine. On the dinner table they serve as a condiment for meats or breads.

CRANBERRY PEPPER JELLY

Serve with corn bread, cream cheese and crackers, or grilled chicken.

- 1½ cups cranberry juice cocktail
- 1 cup vinegar
- 2 to 4 jalapeño peppers,* halved lengthwise and seeded
- 5 cups sugar
- ½ of a 6-oz. pkg. (1 foil pouch) liquid fruit pectin
- 5 tiny red hot peppers (optional)



Surprise jelly lovers with Cranberry Pepper Jelly (left) and Rosemary Apple Jelly (right).

In a saucepan combine cocktail, vinegar, and jalapeño peppers. Bring to boiling; reduce heat. Cover; simmer 10 minutes. Strain to gather about 2 cups liquid. Discard peppers.

Sterilize clean half-pint canning jars in boiling water for 10 minutes.

Meanwhile, in a 4-quart Dutch oven combine the 2 cups liquid and sugar. Bring to a full, rolling boil over high heat, stirring often to dissolve sugar. (The mixture should boil so rapidly on the surface that you can't stir it down.) Stir in pectin and tiny red hot peppers. Return to a full, rolling boil; boil for 1 minute, stirring constantly.

Remove from heat; use a metal spoon to quickly skim off foam. Using a jar lifter, remove jars from hot water, letting water drip off. Pour hot jelly into the hot, sterilized jars, leaving ¼-inch headspace. Place a red pepper in each. Wipe rims; top with flat lids; screw on metal rings. Set jars in a water canner or a large kettle; add water to cover jars by 1 inch. Bring to boiling. Boil 5 minutes (start timing after water boils).

Carefully remove jars from water. Cool on a cloth towel 2 to 3 days or till set. Check seals, label, and date. Store in a cool, dry, dark place for up to one year. Makes about 5 half-pints (80 one-tablespoon servings).

Nutrition facts per tablespoon: 51 cal., 0 g total fat, 0 mg chol., 1 mg sodium, 13 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 5% vit. C, 0% calcium, and 0% iron.



Note: Avoid direct contact with hot peppers. Wear gloves or work under cold running water. If your hands touch chili peppers, wash well with soap and water.

ROSEMARY APPLE JELLY

The natural pectin in apples is enough to set this fragrant, golden jelly. Serve a spoonful with biscuits, English muffins, grilled pork, or cooked carrots.

- 3 lb. (about 12 medium) tart apples, such as Newtown Pippin, Jonagold, Jonathan, Winesap, or Gala
- 4 cups water
- 9 sprigs fresh rosemary
- 3 cups sugar
- 2 Tbsp. lemon juice

Wash apples; remove blossom ends and stems. Do not peel or core. Cut into small chunks. In an 8- to 10-quart kettle or Dutch oven combine apples, water, and 6 sprigs of rosemary. Bring to boiling; reduce heat. Cover and simmer for 20 to 25 minutes or just till apples are soft.

Strain apple and liquid through a sieve, pressing with the back of a spoon to remove all the liquid. (You should have about 4 cups juice). Discard pulp, skins, and rosemary.

Sterilize jars by immersing them in boiling water 10 minutes. Keep them in the hot water till ready to fill.

Meanwhile, in an 8- to 10-quart kettle or Dutch oven stir together strained apple juice, sugar, and lemon juice. Bring to a full, rolling boil over high heat, stirring often to dissolve the sugar. (A full, rolling boil means the mixture is boiling so rapidly over the entire surface that you can't stir it down with a spoon.) Boil, uncovered, till the syrup sheets off a cool metal spoon, about 15 to 18 minutes. To check for sheeting, dip a cool metal spoon into the boiling sugar mixture, then hold it over the kettle. If 2 drops of jelly hang off the edge of the spoon, then run together, the jelly is sheeting and is ready to be processed in jars.

Remove from heat; use a metal spoon to quickly skim off foam. Using a jar lifter, remove jars from water. Pour hot jelly into hot, sterilized half-pint canning jars, leaving ¼-inch headspace. If desired, add a rosemary sprig to each jar. Wipe rims; top with flat lids and screw on metal rings. Set in a canner or a large kettle; add water to cover jars by 1 inch. Bring to boiling. Boil 5 minutes (start timing after the water boils).

Carefully remove the jars from the water bath; cool on a cloth towel about 3 days or till set. Check the seals, label, and date. Store in a cool, dry, dark place for up to one year. Makes 3 half-pints (48 one-tablespoon servings).

Nutrition facts per tablespoon: 71 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 1 mg sodium, 18 g carbo., 1 g fiber, 0 g pro. Daily Value: 0% vit. A, 4% vit. C, 0% calcium, 0% iron.





Stuffed Cornish Hen Acadiana

1 1/2 cups dried, crumbled cornbread
3/4 cup sliced **canned** mushrooms
1/2 cup diced smoked sausage
1/2 cup diced ham
1/2 cup thinly sliced scallions
3/4 cup **canned** chicken broth
2 large Cornish hens
1 tablespoon vegetable oil
1/2 cup thinly sliced onion
1/2 cup thinly sliced green pepper
1/2 cup thinly sliced red pepper
1/2 cup thinly sliced yellow pepper
1/2 cup thinly sliced celery
2 cloves garlic, minced
1 tablespoon Creole seasoning
1 **can** (16 oz.) tomato sauce
1 **can** (16 oz.) whole tomatoes
2 bay leaves
Minced parsley

Preheat oven to 500°. Combine cornbread, mushrooms, sausage, ham, scallions and chicken broth; stuff cavities of hens with mixture. Tie legs with string. Bake in shallow roasting pan, uncovered, 20 minutes; remove and set aside; lower oven to 350°. While hens are baking, heat oil in Dutch oven. Add onion, peppers and celery; sauté until tender. Add garlic and seasoning; sauté 2 minutes. Add tomato sauce, tomatoes and bay leaves; heat to boiling. Reduce heat and simmer, uncovered, 20 minutes. Place hens in sauce; bake, tightly covered, until hens are tender and juices run clear when pierced with a fork, about 30-40 minutes. Cut hens in half and place on serving platter, spoon sauce over. Sprinkle with parsley. (Makes 4 servings.)

Please don't forget to recycle your steel cans.



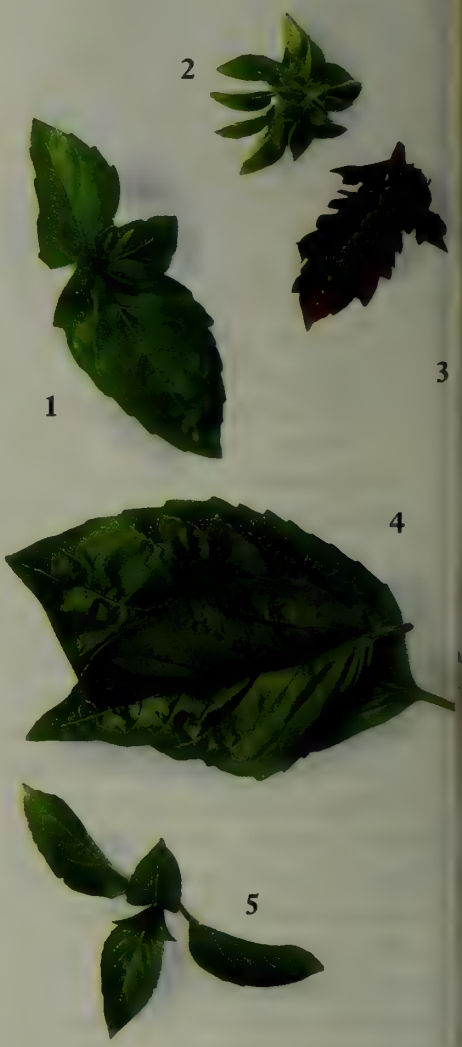
What's In A Can?

Ingredients and packaging that are good for you and good for the environment!

- According to research by the Steel Packaging Council, most consumers are not aware that canned food is 100 percent natural; it contains no preservatives.
- In fact, commercial canned food is prepared essentially in the same way that home-canned food is "put up," using fresh ingredients that are cooked quickly at high temperatures and sealed in sterile containers.
- And, steel food cans are good for the environment, too. Steel cans are collected through more than 14,000 community recycling programs in the U.S. and Canada.

STEEL PACKAGING COUNCIL.
AMERICAN IRON AND STEEL INSTITUTE

A Bouquet of Basil



Join the basil craze! This popular herb grows in a medley of flavors, colors, and sizes, depending on the variety.

When you purchase fresh basil plants or basil seeds, check out the selection. You'll find that different basils are interchangeable in cooking, yet each variety adds unique character to foods. Some popular basils (pronounced either BAYZ uhl or BAHZ uhl) include:

1. Sweet basil: You'll recognize this most common variety by its smooth, green, oval-shaped leaves with pointed ends. Sweet basil offers a slightly spicy, clovelike flavor and scent. Sprinkle snipped sweet basil atop tomatoes and cheese for a quick salad; stir it into savory sauces, soups, and vinaigrettes; or toss it with pasta.

2. Bush basil: Resembling a bonsai tree, bush basil (also known as Greek basil) grows into a small, bushy plant that is covered with fragrant, tiny leaves. Cooks cherish the full flavor of this variety. To harvest, snip off a branch, then pull off the small leaves. Bush basil grows well in flower pots for patio and kitchen gardening (place in a sunny spot).

3. Purple basil: So striking with its dark purple color, this variety makes a pretty garnish for salads, sauces, and vegetables. Purple basil is slightly more pungent in flavor than sweet basil, making it an excellent candidate for salad dressings and vinegars. Opal basil is the most common strain of purple basil. Pictured is the Purple Ruffles type, with sharply notched, purple leaves.

4. Lettuce leaf basil: This variety gets its name from oversize green leaves, about 3 to 4 inches in length and width. Milder in flavor than other varieties, lettuce leaf basil is excellent in tossed salads, stews, and tomato sauces, and can be used in place of lettuce on sandwiches. An advantage of this larger variety is that the leaves freeze well in freezer bags. Snip and use the leaves while they're still frozen, because they can darken and get limp when thawed. You also can air-dry the leaves for later use.

5. Cinnamon basil: The shiny green leaves and the flower blossoms of this aromatic basil give off a heady cinnamon perfume when rubbed or crushed. Take advantage of this unique cinnamon-basil blend in rice, fruit salad, chicken marinades, and herb butters. Or, use it as a garnish.



What's In A Can Will Surprise You.

What's In A Can Will Surprise You.

ıe Cornish Hen came from a Canadian farm. The peppers from the valleys of California. And the mushrooms are from somewhere that's sure to surprise you.

Firm, velvety, delicate-tasting mushrooms that come in a can might strike you as being a little, well, unexpected. But the fact is, today's modern steel can has proven to be one of the best ways to preserve the taste and nutrition



that nature gives to over 1500 different foods. So try the recipe on the opposite page for Cornish Hen Acadiana, and be sure to use canned mushrooms. You'll enjoy a meal that's truly unforgettable.

PLEASE RECYCLE STEEL

STEEL PACKAGING COUNCIL. AMERICAN IRON AND STEEL INSTITUTE.

Steel



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Try new Buffalo Wings from Shake 'N Bake®

The fun finger food that's perfect for when the family's watching TV or the whole gang's over for a party.



CAUTION: Guests might not leave.

The "New" Key Lime Pie

Feel good about serving your family and friends a baked slice of this sweet and tangy Florida favorite. The original key lime pie recipe contains raw eggs, which may be risky because of salmonella contamination. One taste of this updated recipe and you'll love it's tanginess.



SCOTT LITTLE

Pucker up for a taste of this luscious lime cream pie.

SOUTHERN KEY LIME PIE

The petite yellow key lime, named after the Florida Keys, is traditionally used for this pie. Key limes are available year-round but tend to be limited in some markets. If you can't get these specialty limes, the more common green Persian limes work fine too.

- 3 eggs
- 1 14-oz. can (1¼ cups) sweetened condensed milk
- ½ to ¾ tsp. finely shredded key lime peel or 1½ tsp. finely shredded Persian lime peel
- ⅓ cup lime juice (8 to 10 key limes or 2 to 3 Persian limes)
- ½ cup water
- 1 baked 9-inch pastry shell
- ½ tsp. vanilla
- ¼ tsp. cream of tartar
- ⅓ cup sugar

Separate egg yolks from whites; set whites aside for meringue. Place the egg yolks in a medium mixing bowl; with a fork or whisk beat egg yolks till combined. Gradually stir in the condensed milk and lime peel. Add lime juice and water, stirring well (the mixture will thicken). Pour into the baked pastry shell.

Bake in 325° oven for 30 minutes. Remove from oven and transfer to a wire rack. Increase oven temperature to 350°.

Meanwhile, in a large mixing bowl combine egg whites, vanilla, and cream of tartar. Beat with an electric mixer on medium speed about 1 minute or till soft peaks form (tips curl).

Gradually add the sugar, 1 tablespoon at a time, beating on high speed about 4 minutes more or till mixture forms stiff, glossy peaks and sugar is dissolved. Immediately spread the meringue over the hot pie filling, carefully sealing the meringue to the edge of the pastry to prevent shrinkage.

Bake in a 350° oven for 15 minutes or till meringue is golden brown. Cool on a wire rack for 1 hour. Chill for 1 hour or till serving time. To store any leftover pie, cover and chill for up to 2 days. Makes 8 servings.

Nutrition facts per serving: 370 cal., 15 g total fat (6 g sat. fat), 97 mg chol., 157 mg sodium, 51 g carbo., 0 g fiber, and 8 g pro. Daily Value: 8% vit. A, 8% vit. C, 13% calcium, and 8% iron.



That's you, eating up the compliments.

Whether it's crispy Original Recipe or Tangy Honey Glaze –
It's simple. They want Shake 'N Bake.®



THE KIDS ARE ON THEIR WAY HOME FROM SOCCER PRACTICE AND THEY'RE STARVING.



Unfortunately, you're driving.



Quick GET THE BISQUICK.

NEW QUICK TACO BAKE

PREP TIME: 18 MIN · BAKE TIME: 35 MIN

- 1 lb ground beef
- ½ cup chopped onion
- 1 envelope (1¼ oz) taco seasoning mix
- 1 can (15 oz) tomato sauce
- 1 can (15¼ oz) whole kernel corn, drained
- 2 cups shredded Cheddar cheese
- 2 cups Bisquick® Original or Reduced Fat baking mix
- 1 cup milk
- 2 large eggs



Heat oven to 350°. Brown ground beef and onion; drain. Spoon into ungreased 13x9x2" baking dish. Stir in seasoning mix (dry), tomato sauce and corn. Sprinkle with cheese. *Stir* remaining ingredients until blended. Pour over beef mixture. *Bake* 35 min or until light golden brown. Serve with sour cream, chopped tomato and shredded lettuce if desired. 8 to 10 servings. High Altitude Directions: Heat oven to 375°.

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An angel to watch over you

Surrounded with the splendor of 22-karat gold filigree



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For the first time—a guardian angel collector's plate in a beautiful new shape

Free
An angel gift for you! Receive a gold-washed angel lapel pin free with your plate.

How comforting it is to picture a beautiful guardian angel walking beside us—shielding us from danger and distress, guiding our steps in the right direction. That's the message of this beloved Victorian-era artwork from Germany. A young girl leads her little brother across a dangerous bridge, confident in the belief that her guardian angel is near.

This is an image that has comforted generations of parents and children…and now it is yours to treasure re-created for the very first time on an oval porcelain collector's plate.

"Guiding the Way," 9¼ inches tall and surrounded by a border of 22-karat gold filigree, is backed by the Bradford Exchange 365-day money-back guarantee. Best of all, this hand-numbered treasure is a splendid value—just $29.90.

"Guiding the Way" is issued in a limited edition, so order today. Send no money now. Just mail the coupon and soon this angel will be watching over you!

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"Guiding the Way"

Your Bradford Exchange Advantages:

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- A complete plate story introducing you to the artist and detailing the significance of this enchanting plate
- The first time this century-old artwork has been re-created on an oval shaped porcelain collector's plate
- The Bradford Exchange—"The Heart of Plate Collecting"—yesterday, today and for the next 100 years

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THE *Heart* OF PLATE COLLECTING

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Limit: one plate per order. Please Respond Promptly

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*Plus a total of $3.49 postage and handling. Illinois residents add state sales tax. Pending credit approval. The price of the plate in Canada will be higher. Edition limited to 95 firing days. Plate stand not included.

14421-E81291

Sundae Afternoons

Summer and sundaes go together like peanut butter and jelly. When temperatures soar, let your ice-cream-loving crowd make their own sundae from these luscious ideas.



CINNAMON SPIKED MOCHA

In a bowl heat ¾ cup fudge ice-cream topping with 1½ to 2 teaspoons instant coffee crystals in a microwave oven till warm. Layer cinnamon ice cream and sauce in a sundae glass. Top with whipped cream and almond brickle pieces.

Note: To make cinnamon ice cream, stir ¾ teaspoon ground cinnamon into one pint vanilla ice cream. Freeze till firm before using.

About 325 calories per ½-cup serving serving.



A BERRY WHITE CHOCOLATE

In a bowl combine some unsweetened raspberries (thawed, if frozen) and a few spoonfuls of sugar. Mash some of the raspberries slightly. Let the berries stand at room temperature till they are slightly syrupy. Layer scoops of raspberry sherbet and the raspberries in a sundae glass. Sprinkle generously with white chocolate shavings. Top with a mint leaf, if desired.

About 200 calories per ½-cup serving.



TROPICANA DELIGHT

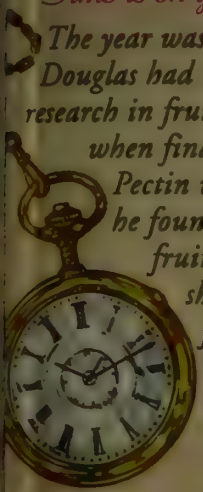
Stir together a 12-ounce jar of caramel ice-cream topping and about ⅓ cup of pure maple syrup or maple-flavored syrup. Layer scoops of ice cream, such as macadamia brittle, butter brickle, or butter pecan flavor, and the ice-cream topping mixture in a sundae glass. Top sundae with sliced mango, papaya, or pineapple and a spoonful or two of toasted coconut.

About 260 calories per ½-cup serving.

Turn Your Strawberries and Bananas Into Something Peachy.

Now you can combine the sweetness of strawberries and bananas in a delicious new Strawberry Banana Jam from Sure-Jell®. Be sure to sample our recipe below as well as our other juicy tidbits of information.

Time is on your side



The year was 1912. Robert Douglas had been performing research in fruit chemistry, when finally it happened. Pectin was extracted. Later he found that when added to fruit juices, pectin greatly shortened the time of jam and jelly making. The rest, as they say, is history.

A method to our madness

Let's face it, most of you would like to eliminate that extra step of boiling jars when making jam and jelly. We have a helpful alternative. The Inversion Method. Simply make sure your hot fruit mixtures are immediately poured, covered, and inverted for 5 minutes.

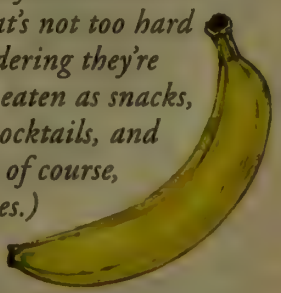


Pour Cover Invert



The banana appeal

Over 11 billion bananas are consumed annually in the United States alone. That's not too hard to swallow considering they're constantly being eaten as snacks, in cereals, fruit cocktails, and salads. (Oh, and of course, in jams and jellies.)



The strawberry twist

Amazingly, botanists do not classify the strawberry as a true berry. Unlike the blueberry, the fleshy part of the strawberry is covered with dry, yellow "seeds", each of which is actually a separate fruit.



Dunlap Surecrop Earliglow

The recipe for happiness

We call it Strawberry Banana Jam. You and your family will call it delicious. Here are some ideas to help spread your creation to friends everywhere: a housewarming basket, loaded with jars of Strawberry Banana Jam and fresh biscuits; or a wedding gift box, filled with jars of Strawberry Banana Jam and a bottle of champagne.

Strawberry Banana Jam



4 3/4 cups prepared fruit (about 2 quarts fully ripe strawberries and 3 fully ripe medium bananas)
3 tablespoons fresh lemon juice
6 3/4 cups sugar
1 box SURE-JELL® Fruit Pectin
1/2 teaspoon margarine or butter

Stem and thoroughly crush strawberries, 1 layer at a time. Measure 3 1/4 cups into 6 or 8-quart saucepot. Mash bananas thoroughly. Measure 1 1/2 cups; add to saucepot. Stir in lemon juice.

Measure sugar into separate bowl. Stir fruit pectin into fruit in saucepot. Add margarine. Bring mixture to full rolling boil on high heat, stirring constantly. Quickly stir in all sugar. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

Ladle quickly into hot sterilized jars, filling to within 1/8 inch of tops. Wipe jar rims and threads.

Cover with two-piece lids. Screw bands tightly. Invert jars 5 minutes, then turn upright.* After jars are cool, check seals.



*Or follow water bath method recommended by USDA. Makes about 8 (1-cup) jars.

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FOOD *by Julia Malloy*

All Sorts of Salmon

Your market may offer up to a half-dozen kinds of salmon. Often, you can use different kinds interchangeably, but sometimes your recipe, your budget, or the occasion may point to using a certain kind.



SHOPPING FOR SALMON

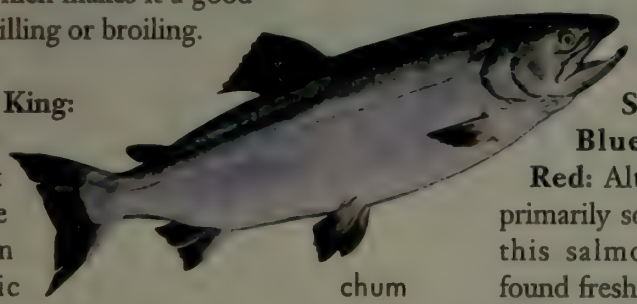
The salmon in supermarkets today tends to be uniform in size, color, and flavor because much of it is raised on fish farms. Some of the ocean-caught salmon still comes from U.S. shores, but a growing number are imported from such countries as Chile.

At the fish counter, you'll see that salmon meat can range in color from the deep orange of sockeye to the light blush of pink. Its flavor can vary from mild to rich, with farm-raised fish having a milder taste than ocean-caught salmon.

Just as salmon vary in color and flavor, they also vary in price. Chinook tends to be the most expensive, making it a splurge food. Pink usually costs the least. You can buy salmon whole, in fillets or steaks, and canned.

SALMON YOU MAY SEE

Atlantic: This variety of salmon is primarily farmed. The flesh can be pink to red or orange. It is somewhat higher in oil than other types of salmon, which makes it a good choice for grilling or broiling.


chum

Chinook or King: The largest and most expensive salmon from the Pacific Ocean, chinook has soft flesh that can range from deep pinkish-orange to almost white. The oil-rich flesh broils and grills well without basting.

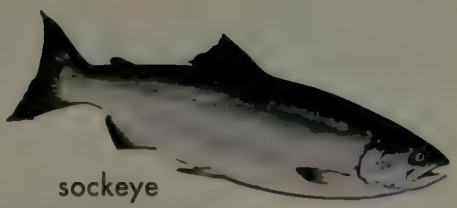
Chum, Keta, or Silverbright: This salmon can range in color from red to light pink. Chum has a slightly coarser texture and less fat than other salmon, so it's best steamed or poached.

Coho or Silver: Often called silver salmon because of its silver-skinned belly and sides, coho's flesh can range from pink to orange-red in color. Because farm-raised cohos can be smaller than their ocean-swimming cousins (as small as 10 ounces), they're an excellent choice for individual servings of drawn or dressed fish.

Pacific: This term can refer to any of the five salmon species found on the Pacific coast: chinook, sockeye, coho, pink, or chum salmon. If you see salmon labeled as Pacific, find out what kind it really is so you'll know how to best prepare it.


pink

Pink: As its name suggests, the flesh of this salmon is light pink. It's the smallest and most abundant variety, and also the least expensive. Its peak season is short, but canning makes it available year-round. Serve pink salmon in casseroles, soups, and sandwiches.


sockeye

Sockeye, Blueback, or Red: Although it's primarily sold canned, this salmon can be found fresh during the summer months. The deep red color, firm flesh, and moderate fat content make sockeye salmon an excellent choice for baking. Serve it warm or chilled. Break it into chunks for salads, pastas, and appetizer toppings.



Is there more to Mr. Peanut than meets the eye?

Protein is a part of peanuts. Peanuts* have 8% of the Daily Value of protein per serving.

Niacin is a B Vitamin that's packed into peanuts. A full 20% of the Daily Value of niacin can be found in a serving of peanuts.*

Fat is in peanuts. While a serving of peanuts* contains 22% of the Daily Value of fat (14 grams), over 75% of the fat is unsaturated.

Fiber is found in peanuts. Each serving of peanuts* provides 10% of the Daily Value of fiber.

No Cholesterol is in peanuts. They're naturally cholesterol free.

Folate (Folic Acid) is a B Vitamin found in peanuts. In fact, 15% of the Daily Value of folate can be found in a serving of peanuts.*



Get to Know Mr. Peanut. Eat your Planters®

*Planters Cocktail Peanuts–1 oz. serving. Percent Daily Values are based on a 2,000 calorie diet.

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PRIZE TESTED RECIPES®

see page 178 for details

$200 WINNER

Lynn Moretti, Oconomowoc, Wis., in the Sweet and Hot Peppers Category.
July 1995



Seafood Tacos with Salsa

Serve the serrano pepper salsa on the side in a sweet pepper boat.

- 1 14½-oz. can chunky salsa-style tomatoes or diced tomatoes
- ¼ cup snipped fresh cilantro
- 2 shallots or green onions, chopped
- 1 clove garlic, minced
- 1 Tbsp. vinegar
- 1 Tbsp. lime juice
- ½ to 1 serrano pepper, seeded and diced
- 1 Tbsp. cooking oil
- 1 small jicama, peeled and cut into julienne strips (about 2 cups)
- 2 medium red and/or yellow sweet peppers, cut into julienne strips
- 1 medium zucchini, cut into julienne strips (1¼ cups)
- 12 oz. chunk-style shrimp-, lobster-, or crab-flavored fish
- 3 Tbsp. lime juice
- ¼ to ½ tsp. ground red pepper
- 6 (8-inch) flour tortillas
- 1 cup shredded Monterey Jack cheese (4 oz.)
- Torn mixed greens (optional)

For salsa, combine tomatoes, cilantro, shallots or green onions, garlic, vinegar, lime juice, and serrano pepper. Cover and chill. Pour oil into a wok or 12-inch skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry jicama and sweet peppers in hot oil for 2 minutes or till crisp-tender. Add zucchini; stir-fry for 1 minute more. Add fish; cover and heat through. Stir in lime juice and ground red pepper. Serve in tortillas with salsa, cheese, and greens, if desired. Makes 6 servings.

Nutrition facts per serving: 299 cal., 12 g total fat (4 g sat. fat), 37 mg chol., 1,442 mg sodium, 41 g carbo., 0 g fiber, and 17 g pro. Daily Values: 51% vit. A, 186% vit. C, 21% calcium, and 19% iron.

Photographs: Scott Little

Clip and save recipes in your *NEW COOKBOOK*

PRIZE TESTED RECIPES®

see page 178 for details

$200 WINNER

Sharon Davidson, Reno, Nev., in the Cherry Desserts Category.
July 1995



Chocolate Cherry Cake

Soak dried cherries in brandy or fruit juice before using to flavor this luscious cake.

- 1 cup dried tart cherries
- ¼ cup brandy or orange juice
- 5 oz. semisweet chocolate
- ¼ cup margarine or butter
- 3 eggs
- ⅔ cup sugar
- ¼ cup milk
- 1 tsp. vanilla
- ½ cup all-purpose flour
- ⅓ cup finely chopped walnuts
- 1 recipe Chocolate Glaze (see below)
- Fresh cherries (optional)

In a microwave-safe bowl combine dried cherries and brandy. Micro-cook, uncovered, on 100% power (high) 1 minute; set aside. Combine chocolate and margarine or butter. Micro-cook on high 2 minutes or till melted, stirring every 30 seconds. Set aside.

In a medium bowl beat eggs and sugar with an electric mixer on high speed about 5 minutes or till thick and lemon colored. Beat in chocolate mixture, milk, and vanilla. Beat in flour. Snip cherries. Stir in *undrained* cherries and nuts. Pour into a greased and floured 8-inch springform pan or 9x1½-inch round baking pan; place on a baking sheet.

Bake in a 350° oven till a toothpick inserted near center comes out clean, allowing 45 to 50 minutes for the springform pan or 35 to 40 minutes for the 9-inch pan. Cool on a wire rack for 10 minutes. Remove from pan. Cool completely.

Spread *¼ cup* Chocolate Glaze evenly over top and sides of cake. Chill for 10 minutes. Frost top and sides of cake with remaining glaze. Chill till set. Let stand for 10 to 15 minutes before serving. If desired, garnish with fresh cherries. Makes 12 to 16 servings.

Chocolate Glaze: In a glass measure combine 6 ounces semisweet chocolate and 2 tablespoons margarine or butter; micro-cook on high 2 minutes or till melted, stirring twice.

PRIZE TESTED RECIPES®

$100 WINNER

Bernice Janowski, Stevens Point, Wis., in the Cherry Desserts Category.
July 1995



Double Cherry Pie

Tart cherries add a pleasant tang to canned cherry pie filling, all in a chocolate-oat crust.

- ½ cup miniature semisweet chocolate pieces
- 5 Tbsp. margarine or butter
- ¾ cup quick-cooking or regular rolled oats
- ¾ cup all-purpose flour
- ¼ cup packed brown sugar
- 1 16-oz. can reduced-calorie cherry pie filling
- 1 16-oz. can pitted tart red cherries (water-pack), drained
- ¼ tsp. almond extract
- ½ cup all-purpose flour
- 2 Tbsp. packed brown sugar
- 2 Tbsp. quick-cooking or regular rolled oats
- 3 Tbsp. margarine or butter, softened
- ¼ cup miniature semisweet chocolate pieces

Grease a 10-inch pie plate; set aside. For crust, in a medium saucepan melt the ½ cup chocolate pieces and 5 tablespoons margarine or butter. Remove from heat; stir in the ¾ cup oats, ¾ cup flour, and ¼ cup brown sugar. Press onto bottom and sides of prepared pie plate to form a firm, even crust. Bake in a 350° oven for 10 minutes.

Meanwhile, for filling, in a medium mixing bowl combine pie filling, cherries, and almond extract. Pour into the baked crust.

For topping, in a small mixing bowl stir together the ½ cup flour, 2 tablespoons brown sugar, and 2 tablespoons oats. Cut in the 3 tablespoons margarine or butter till mixture resembles coarse crumbs. Stir in the ¼ cup chocolate pieces. Sprinkle over filling. Bake in 350° oven for 35 minutes. Cool on a wire rack. Makes 10 servings.

Nutrition facts per serving: 296 cal., 13 g total fat (6 g sat. fat), 25 mg chol., 99 mg sodium, 43 g carbo., 1 g fiber, and 4 g pro. Daily Values: 12% vit. A, 4% vit. C, 1% calci-

Clip and save recipes in your *NEW COOKBOOK.*

PRIZE TESTED RECIPES®

$100 WINNER

Sandy Szwarc, Albuquerque, N. Mex., in the Sweet and Hot Peppers Category.
July 1995



Herb and Roasted Pepper Salad

Browse around your farmer's market this month for great buys on colored peppers.

- 6 red, yellow, and/or green sweet peppers, halved lengthwise; stems, seeds, and membranes removed
- ⅓ cup sliced pitted ripe olives
- 3 Tbsp. olive oil
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. sliced green onion
- 2 Tbsp. drained capers
- 2 cloves garlic, minced
- 2 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- 1 Tbsp. snipped fresh oregano or 1 tsp. dried oregano, crushed
- ¼ tsp. pepper
- Lettuce leaves
- ¼ cup crumbled feta cheese

Place pepper halves, cut side down, on a foil-lined baking sheet. Bake in a 425° oven 20 minutes or till bubbly. Let stand in a clean paper bag 30 minutes. Peel; cut into strips.

Combine peppers, olives, oil, vinegar, onion, capers, garlic, basil, oregano, and pepper; toss to coat. Cover; chill up to 24 hours. Serve on lettuce. Top with feta. Serves 8.

Nutrition facts per serving: 95 cal., 8 g total fat (2 g sat. fat), 7 mg chol., 155 mg sodium, 6 g carbo., 1 g fiber, and 2 g pro. Daily Values: 43% vit. A, 158% vit. C, 5% calcium, and 5% iron.



Enter our Prize Tested Recipes® contest and

Win the newest Frigidaire appliances, worth over $2,200!

“Do you have any idea how much fat is in this creamy, chocolatey pudding?



None.”

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Introducing
Fat Free Jell-O Pudding.



Dessert is back!
(And it’s fat free.)

our environment

YOU MAKE THE DIFFERENCE



DAN PICASSO

Bug out. Toxic insecticides aren't the only weapons in the war against ants, roaches, and flies. Try these safe home remedies:

When ants attack, repel them by sprinkling chili powder at the door or window where they are entering. Or, lure them with a sugar-soaked sponge, then drown the sweetened beasties in a bucket of detergent water.

- Drive off mosquitoes by placing a few potted basil plants around a room. Or, eat lots of garlic. Mosquitoes can't stomach the smell.
- Bay leaves are an effective cockroach repellent.
- Houseflies don't like sweet clover. Fill a few cheesecloth-mesh bags with the herb and hang them around a room.
- Instead of showering your dog with chemical flea sprays, use a flea comb daily on Fido to remove the irritating pests.

BIODIVERSITY BEGINS AT HOME

We all know there are endangered animals. But not all of us realize there are endangered plants, too.

Modern farming has increased the sheer size of the harvest but winnowed down the variety of plants.

The folks at Seeds of Change are working to keep plant diversity alive by offering a catalog of rare vegetable seeds. Their catalog includes a strain of New Jersey sweet corn popular in the 1950s, an Italian broccoli strain brought to the U.S. in 1880, and a pink cherry tomato first imported in the 1820s.

Write Seeds of Change, P.O. Box 15700, Santa Fe, NM 87506-5700.



WINDOW WORDS Energy loss through old-technology, single-pane windows is costing the country an estimated $26 billion a year, according to the U.S. Department of Energy. How can we stop the leak? Replace old windows with new, energy-efficient models. Look for:

Double- or triple-glazed. Windows are made from two or three panes of glass separated by a space of a half-inch or less. The air trapped inside this gap acts as an insulator, slowing the movement of heat.

Gas-filled. The airspace between panes is filled with argon gas. This inert gaseous element hinders the transmission of heat through a window because argon is heavier than the surrounding atmosphere.

Thermal break. Even the spacers holding panes of glass apart are important. Insulated spacers provide a thermal break that stops heat cold.

Low-E. Modern glass has a low-emissivity coating. This almost-invisible metallic coating acts as a heat barrier to reflect warm inside air back into a house. It reduces a window's heat loss by 35 percent.

DO YOU KNOW?

Despite some pockets where nagging problems persist, Americans have been well served by the federal Safe Drinking Water Act in 1974. Two decades ago, only 59 percent of the nation was drinking "good" water. Today, 87 percent of the country's 58,000 water systems meet Environmental Protection Agency safety standards. Seems the glass is more than half full.

IF YOUR CHILD WERE MISSING, 'OU'D THINK ABOUT IT EVERY MINUTE.

SAME WITH US.

nding missing children is our top ority. It has to be. Because it's our ly priority. The service we offer, ildTeam™, is the newest, most inno- tive plan ever designed help parents prepare for, d if necessary take action ainst, the terrifying prob- m of child abduction. nen a child is miss- g, we're able to ercome the biggest obstacle. Time.



E RESPOND IMMEDIATELY

e minute you call, one of our operators ined in 911 emergency call-handling chniques will answer. That person l know exactly what questions to ask.

N-LINE RETRIEVAL OF YOUR HILD'S PHOTO AND DATA

a matter of seconds, your child's otograph, height, weight, age, d other pertinent identifying ormation will be displayed on e operator's computer screen.

RSONAL INVESTIGATIVE AM IS THEN ASSIGNED

ur call will be transferred to ersonal case supervisor, who will eady have received your child's otograph and other data onscreen. e supervisor will identify and con- t a field agent in your area and will n send that agent right to your door.

YOUR CHILD'S PHOTO AND DATA TRANSMITTED TO THE POLICE

All of the pertinent information about your child in our computer database will be immediately transmitted to local and regional police departments, as well as missing children's groups.

NEWS MEDIA ALERTED

We'll alert local TV and radio stations so they can help raise awareness of the fact that your child is missing.

REWARD OF UP TO $10,000

Depending on the case, we may offer up to $10,000 for any information leading to the discovery of your child.



LOCAL AND NATIONAL SEARCH

In addition to our alliance with the police, your investigative team will know your hometown inside and out. And since we have agents throughout the country, we're able to search just as thoroughly nationally as we can locally.



FORMER FEDERAL AGENTS

We have a network of over 1,000 highly qualified, licensed, independent agents, including former agents from the FBI, CIA, and Treasury and Justice Departments. In fact, your case supervisor will have had at least 10 years of experience in criminal law enforcement.

CONTINUOUS CASE UPDATES

Your own case supervisor will stay in touch with you every step of the way. Which means you'll always be kept apprised of exactly what's going on.

WE'RE AVAILABLE 24 HOURS

Since you can reach your case supervisor at any time, there will be an ongoing flow of any new information.

HIGHLY SECURE DATABASE

All our information, and the status of your case, will be kept confidential. Access to data will be limited to those whom you and your own case supervisor choose to have involved.

WE PROMISE NEVER TO GIVE UP

As long as your child is missing, we will continue our efforts to search.

ENROLLMENT OF YOUR CHILD

Needless to say, we hope your child is never missing. But we think you should be prepared to take action just in case. For more information on how to register your child, call 1-800-555-6072. There is a $250 annual fee. But think what you might get in return.

CHILD team™

HE FAMILY PROTECTION NETWORK™

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BH&G kids™



water fun

Splish, Splash! Isn't it great to get wet on a hot summer day? You can jump into a pool, relax on a raft in a lake, charge into the waves at an oceanside beach, or soak your friends with a cold blast from a water shooter. Turn the pages for some "cool" ideas for fun you can have in July with nature's own refresher—water.

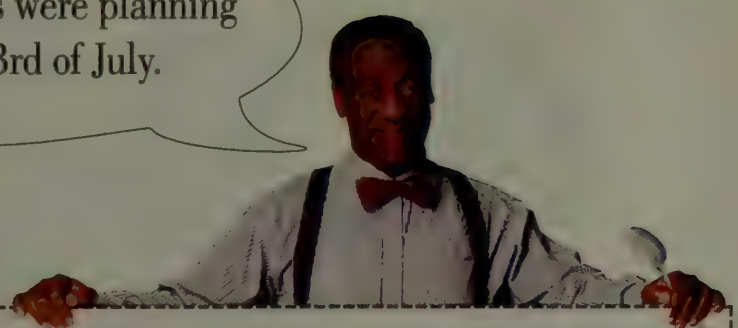
by Barbara Hall Palar



Bet you can't wait for the 4th of July and the new All-American Dessert!

Serves 12

Actually, some of us were planning to start on the 3rd of July.



ALL-AMERICAN DESSERT

4 cups boiling water
1 package (8-serving size) or 2 packages (4-serving size) JELL-O® Brand Berry Blue Flavor Gelatin
1 package (8-serving size) or 2 packages (4-serving size) JELL-O® Brand Gelatin, any red flavor
2 cups cold water
1/2 All Butter Pound Loaf, cubed (about 4 cups)
1 tub (8 ounces) COOL WHIP® Non-Dairy Whipped Topping, thawed
3 medium DOLE® Bananas

STIR 2 cups of boiling water into each flavor of gelatin in separate bowls for 2 minutes or until completely dissolved. Stir 1 cup cold water into each bowl. Pour into separate 13x9-inch pans. Refrigerate 3 hours or until firm. Cut each pan into 1/2-inch cubes.

CUT bananas into slices. Place blue gelatin cubes in 3 1/2-quart bowl or trifle bowl. Layer with cake cubes, 1/2 of the whipped topping and bananas. Cover with red gelatin cubes. Garnish with remaining whipped topping and additional sliced bananas.

REFRIGERATE at least 1 hour or until ready to serve. Store leftover dessert in refrigerator. Makes 12 to 16 servings.

NOTE: JELL-O® Brand Sugar Free Low Calorie Gelatin Dessert, Fat Free Golden Loaf Cake and COOL WHIP LITE® Whipped Topping can be substituted in this recipe.





MANUFACTURER'S COUPON | EXPIRATION DATE 8/31/95

FREE Dole® BANANAS
(Up to 60¢)

RETAIL PRICE:

Cashier please fill in price
Maximum Value 60¢

Or any other DOLE® Fresh Fruit when you buy 4 small JELL-O® Gelatin or 2 large JELL-O® Gelatin packages.

RETAILER: © Kraft General Foods, Inc. or a subsidiary will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1/100¢. Coupon can only be distributed by Kraft General Foods, Inc. or its agent. Mail to Kraft General Foods, Inc., CMS Dept. 10300, 1 Fawcett Dr., Del Rio, TX 78840. **Offer expires 8/31/95.** Consumer: One coupon valid per item(s) indicated; any other use constitutes fraud. COUPON NOT TRANSFERABLE.



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Make a Fourth of July Classic.

BH&G Kids

continued from page 206

how much Rain?



Summer showers feel so good when the days have been dry and hot. Here's a fun way to keep track of how much rain you're getting at your house. Make your own rain gauge!



What you need:

An empty 2-liter plastic bottle (rinse and remove label); assorted permanent markers (paint markers work best).

1 **Parent:**
With sharp scissors, cut off most of the colored outer plastic bottom, leaving just a circle at the base so the bottle stands upright. Then cut off the top of the bottle approximately 8 inches from the base.

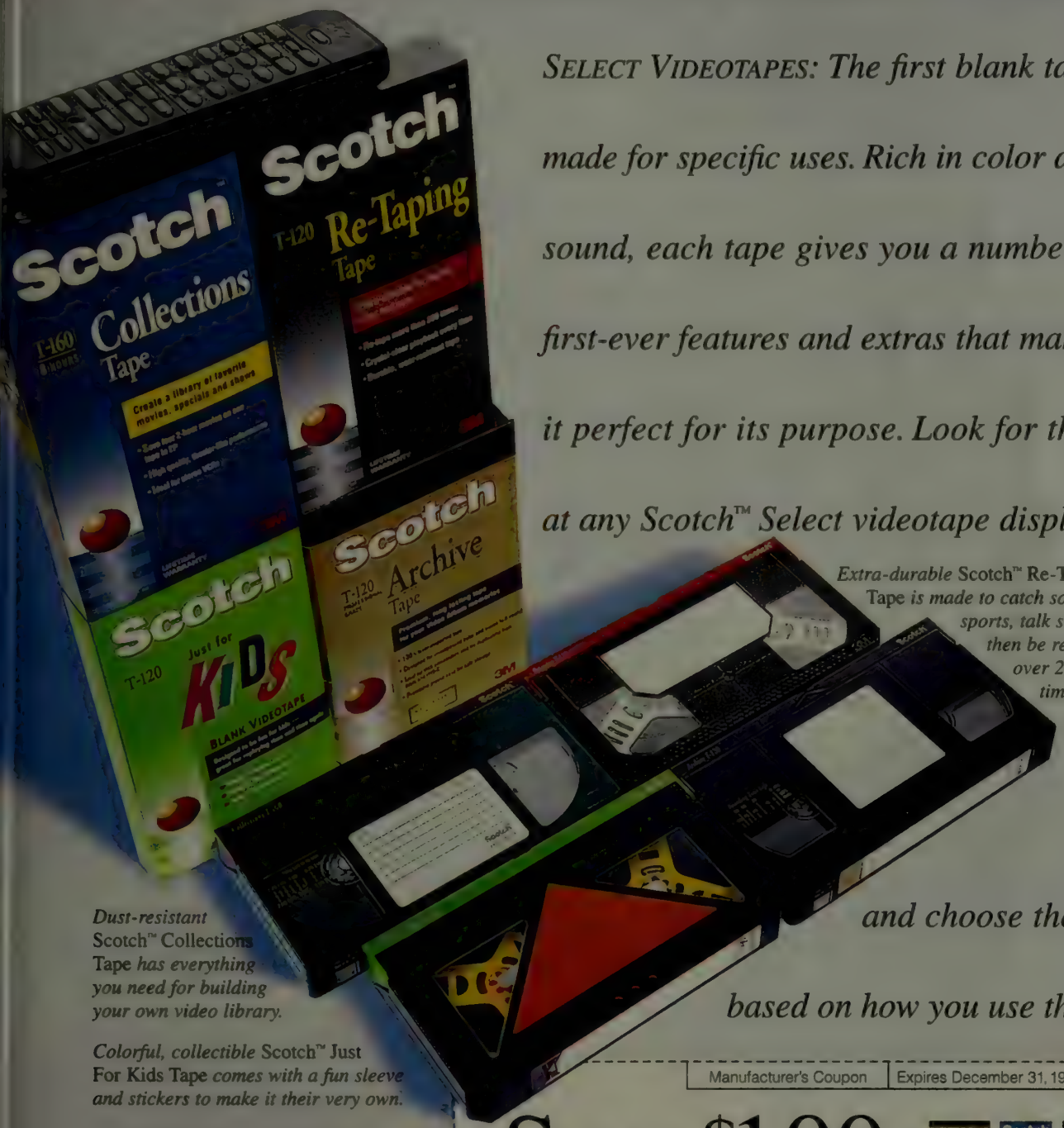
2 **Child:**
Insert a pattern for a picture into the bottle and place it where you want it. Trace over the picture on the outside of the bottle with paint markers. Remove the drawing from the inside of the bottle.

3 *Invert the top of the bottle and place it inside the bottle base; secure with tape. Use a ruler and a marker to draw a scale on the outside of the bottle. Set the bottle on a flat surface outside and keep a record of how much rain it catches.*

continued on page 210

Watching 55 channels? Why settle for one tape?

Now whether you're into recording soaps, sports, TV specials, movies, or family memories, there's a tape for you. Introducing NEW SCOTCH™ SELECT VIDEOTAPES: *The first blank tapes made for specific uses. Rich in color and sound, each tape gives you a number of first-ever features and extras that make it perfect for its purpose. Look for them at any Scotch™ Select videotape display and choose them based on how you use them.*



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Dust-resistant Scotch™ Collections Tape *has everything you need for building your own video library.*

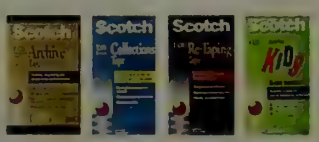
Colorful, collectible Scotch™ Just For Kids Tape *comes with a fun sleeve and stickers to make it their very own.*

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3M *Innovation*

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continued from page 208



Shark!

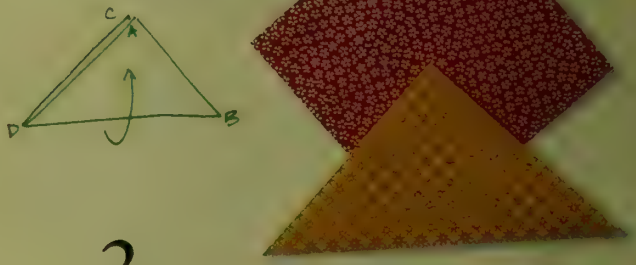
Watermelon is one of summer's favorite treats. Have you ever had a watermelon seed-spitting contest? On a sidewalk, patio, or driveway, use chalk to draw a line for all contestants to stand behind. Determine how many seeds each contestant can spit; then give it a try. Mark each seed where it lands with initials. (Make sure you clean up the slippery seeds when you're through.)

Hey kids! Hey parents! Create our ***Shark!*** *or other watermelon centerpieces with a special Watermelon Carving Kit from Pumpkin Masters. The kit includes 9 carving tools, instructions, and 16 full-size patterns (11 for lanterns, 5 for baskets).* ***Shark!*** *and 3 other patterns in the kit are available only to the readers of* Better Homes and Gardens® *magazine. To order with your Mastercard, Visa, or American Express card, call toll free 800/881-4066. To order by mail, send check or money order for $14.95 to* BH&G *Reader Shopping Service, Dept. 9507, Box 9128, Des Moines, IA 50306-9128. The price includes shipping, handling, and sales tax, if applicable.*

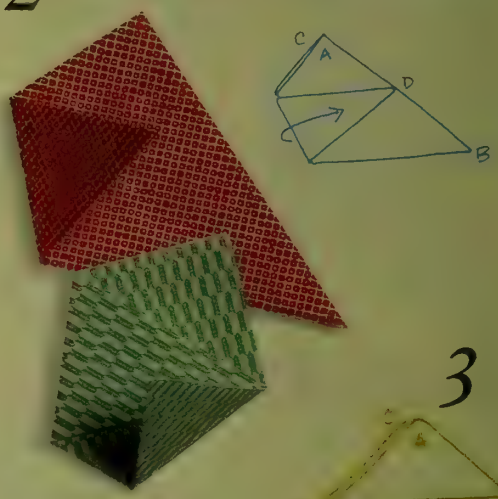
Origami drinking cup

Start with a square piece of paper. We used colored origami paper, which is printed only on one side.

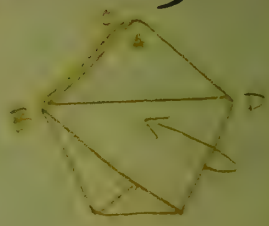
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2



3



4



5



PHOTOGRAPHS: ANDY LYONS. SHARK: CHRIS PAIAR. ORIGAMI: HEIDI ROYD

continued on page 212

Introducing the training pants that really help you teach.

FRONT... BACK
New back label shows kids how their "Big Kid" pants go on, and helps you teach dressing skills. Only **PULL-UPS®** have it.



DAY... NIGHT
These leak guards protect so well there's no need to put kids "back" into diapers. They're not babies they're "Big Kids."

WET... DRY
You want your child to get the Big Idea. So new **PULL-UPS** have an "awareness" liner designed to signal wetness.

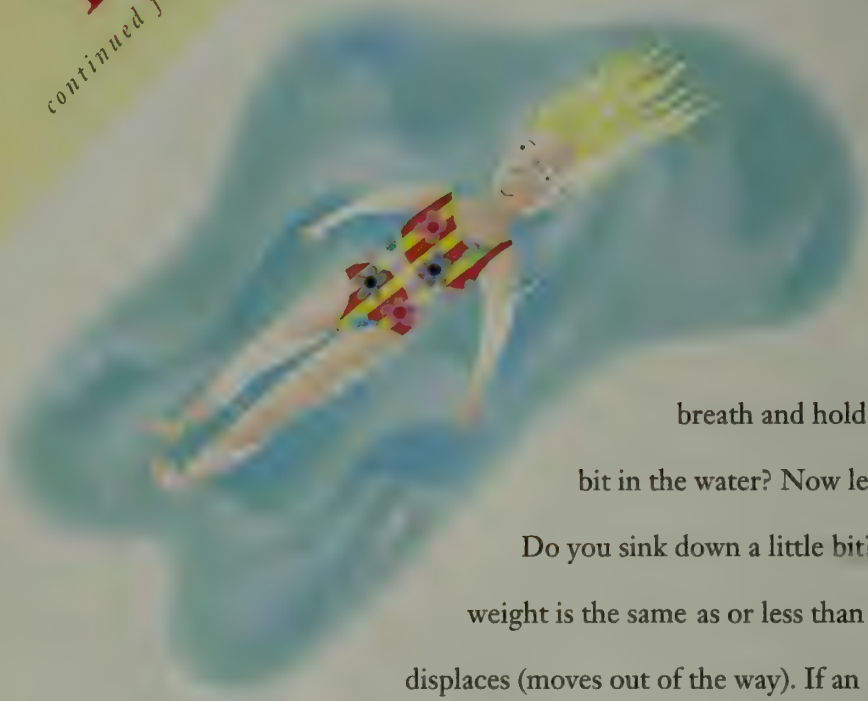


I'm a Big Kid now!® No diaper or training pant has all the training features of Pull-Ups. And no training pant stops leaks so well. Why train with anything else?

BH&G Kids

continued from page 210

Swimming science



Some things float, and some don't. Even some people float better than others. Lay on your back in a pool or lake. Take a deep breath and hold it in. Do you raise up a little bit in the water? Now let your breath out slowly. Do you sink down a little bit? Something floats when its weight is the same as or less than the weight of the water it displaces (moves out of the way). If an object weighs more than the water it displaces, it sinks. When you fill your lungs with air, your body is displacing more water (taking up more space), but the extra air in your lungs weighs less than the water displaced, so you float more easily.

HERE ARE SOME FUN GAMES TO PLAY IN THE POOL.

Ping-Pong Blow

Set a Ping-Pong ball on the surface of the water. Blow it across the pool. Have a race—who can get there first?



Hula Tricks

Hold a hula hoop under the water a foot or two, and have your friends swim through it underwater.

ILLUSTRATION: JULIA GORTON. WATER GAMES: KIM JOHNSON



With Combat outside, ants don't come inside.

If you hate ants indoors, kill them outdoors with new Combat Outdoor Ant Killing Granules. Just sprinkle the granules around the outside of your house. Ants eat our special bait, then carry it back to the colony where other ants eat it and die. Combat Ant Granules destroy the entire mound-and that keeps ants out of the picture. Guaranteed.

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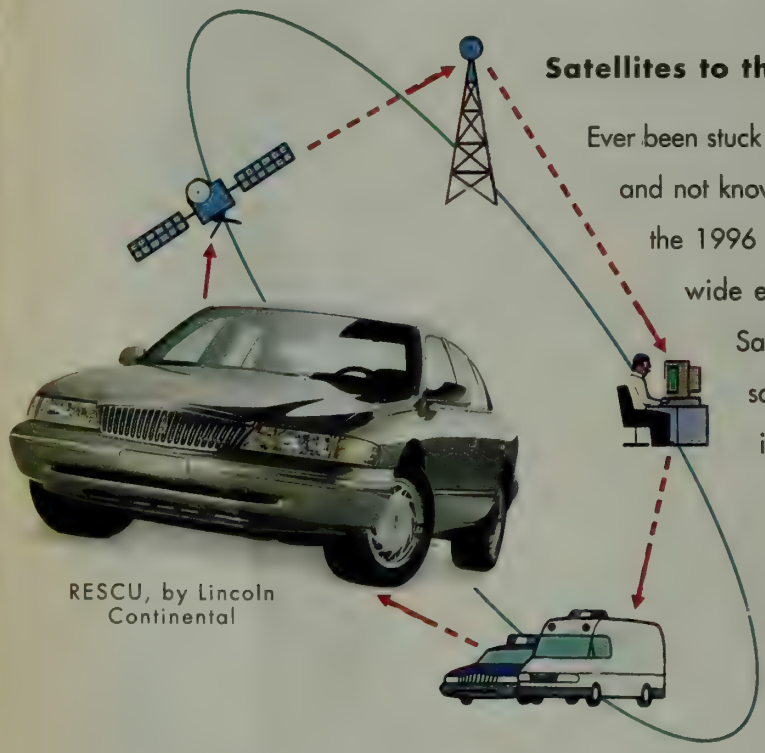
auto update

JULY 1995

by Margaret Daly

Car buyers: We want safety

Car buyers worry about on-the-road safety and personal security these days. Dual air bags and antilock brakes are practically the price of admission for manufacturers. Many models already meet the government's 1997 side-impact rules. Other protections include traction control, reinforced pillars, crumple zones to help absorb the energy of accidents, child-proof door locks, and emergency call-in systems.



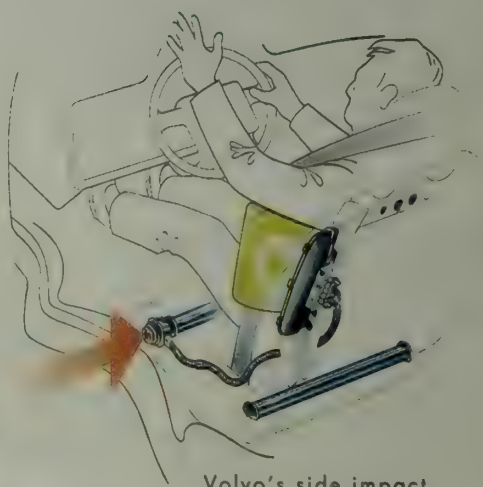
RESCU, by Lincoln Continental

Satellites to the rescue

Ever been stuck late at night out in the boonies with a flat tire or a sudden illness and not known exactly where you were? At the touch of a button, buyers of the 1996 Lincoln Continental will be able to access a brand-new worldwide emergency tracking system. The optional Remote Emergency Satellite Cellular Unit (RESCU) uses advanced global positioning satellite technology and the cellular phone network to put a driver in voice contact with a special response center. The center instantly pinpoints the vehicle's location, guides the appropriate emergency services—roadside assistance, medical, police, or fire—to the vehicle, and stays in touch until help arrives. A special password setup protects against false alarms or unauthorized attempts to turn the system off.

Women lead the safety charge

Antilock brakes, air bags, and traction control are significantly more important to women than to men when shopping for a new car or truck, according to a recent national survey. More than any other group, younger women aged 18 to 34 ranked the three safety devices as important. Also, men were more than twice as likely as women to consider such equipment as "not at all important" to their purchase decisions. "Safety or quality certification" counted more with women (87.5 percent) than with men (70.3 percent). *Source: The Dohring Company, Inc.*



Volvo's side impact cushion deploys in 12 milliseconds

Volvo first: side impact air bag

Side impacts rank as the second-most injury-producing accidents (frontal crashes are worse). Volvo put a first-ever side impact air bag system on its 1995 model 850, and all its 1996 models will have it. The mechanical system is built into the seat and has no electrical components. Saturn, BMW, and others may offer similar protection for 1997 models.

A GM Goodwrench Quick Lube Plus oil change gives you more time by taking less.

Funny how you barely have time to do the things you *have* to do let alone the things you *want* to do. So waiting around for an oil change probably isn't high on your list.

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So while everybody seems to want more of your time, GM Goodwrench actually wants less. 29 minutes or less. For a GM Goodwrench Quick Lube Plus dealer near you, call

1-800-GM USE US.

See dealer for guarantee details.

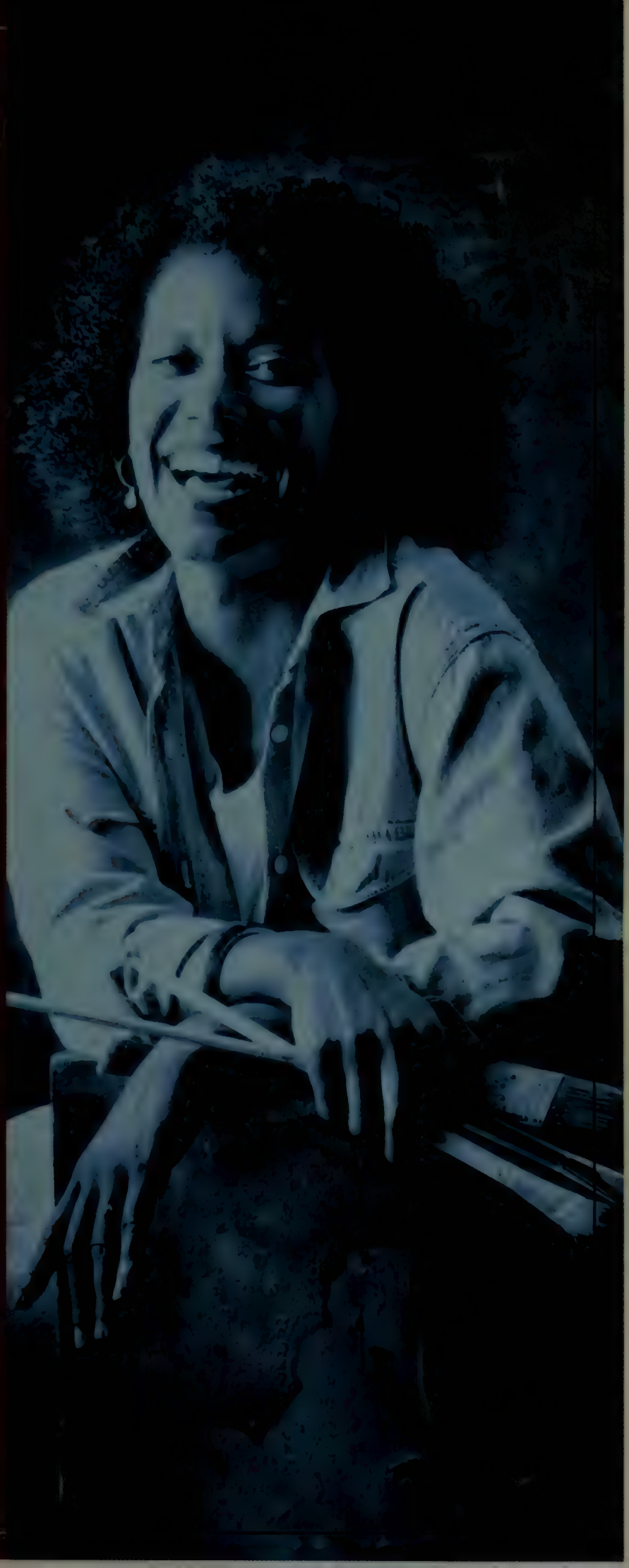
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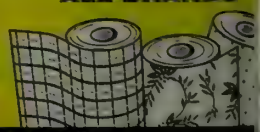
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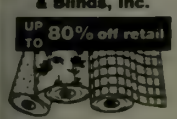
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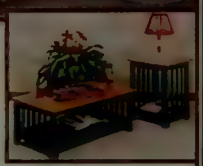
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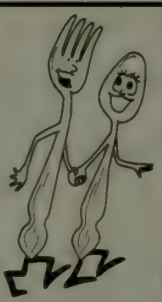
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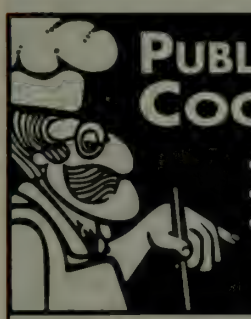
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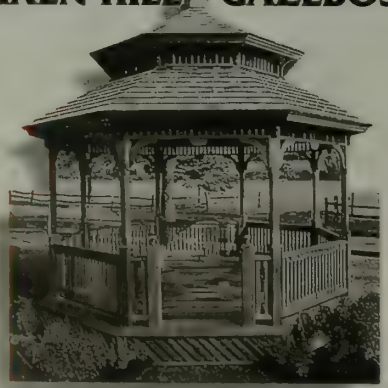
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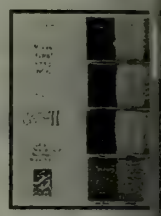
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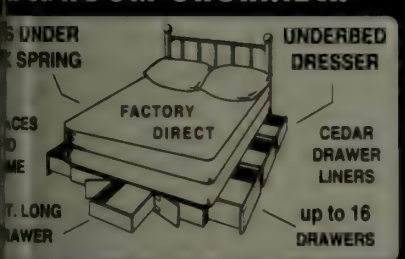
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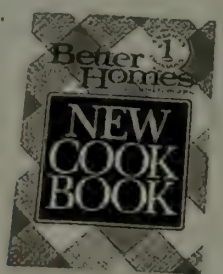
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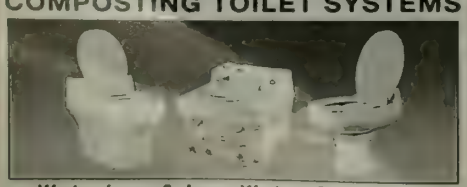
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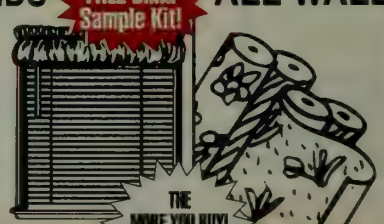
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Christine and I have learned from experience that a travel souvenir fits under the heading of "junk" depending on who bought it and how much it cost.

Life is like a car: the slower you go, the longer you'll last.

Ned Carter argues that our nation's math skills obviously are eroding, pointing to the growing number of shoppers in the grocery store express lane with more than the allowed 10 items.

Newspaper Editor Earl Reeves is an enthusiastic supporter of our new curbside recycling program. "You like to see your life's work finally used for something other than wrapping the garbage," he says with a laugh.

Bill Drummond says ruefully that his business affairs are in order—the assets in one stack and liabilities in another, only the latter is much higher than the former.

Young Tom McClung jokes that success at his new job at the bank will be easy as long as he shows real interest in his work.



"Somebody oughta invent a cap that keeps the sun out of your eyes."



"Maybe we shouldn't have kicked all our bad habits."

I can't decide which is brighter: the colorful flowers I planted along the driveway earlier this year or Judy's smile after she hit a home run last Saturday during her team's softball game.

Uncle Dodd Buckner's pride in his new car—which doesn't need a key to open—lasted only until he realized he forgot the combination.

Just for kicks, our Rosemary and a couple of friends decided to try out one of those computer dating services this summer. After her first date, Rosemary says she is still trying to figure out what in the world the computer saw in him.

"The trouble with acting normally these days," declares Grandma Hillis, "is that it pretty well rules out a television career!"

Burt Jr. has stopped asking for advances on his allowance. Now he calls the practice "deficit spending."

~Like many people, I'm no fan of written instructions. My approach to getting a new gadget up and running is simple—open the box, connect the parts in an orderly sequence, and turn to the instructions only when I hit a roadblock.

Most of us prefer some logical course in life that keeps us moving forward without being overwhelmed by reams of useless details. The Rev. George Hall has discovered that, too. "It requires five thick manuals to tell me how to work the new office computer," he said last Sunday, "even though it takes only a half-sheet of paper to list the Ten Commandments."

Christine said later that was like comparing the proverbial apples and oranges. Maybe so, but I still think we're mighty lucky that the people who built my new stereo television didn't write the operating instructions for the entire world.

Burton Hillis

August

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Better Homes and Gardens

UST 1995

pretty places

color do your decorating p.91

CREATE THAT COOL, COMFORTABLE SUMMER-PORCH FEELING
p.83

TOUR OUR SURPRISING HOME OF THE YEAR
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with his Storage Cabinet #2693, and
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hen I gave him my usual gue, non-committal answer, e offered to put it together r me. So with a few cautions d his vow to read all the structions carefully, I turned m loose. Your technical riters did such a great job ith those instructions that ss than an hour later, he ad it completely assembled. e was beaming. It wasn't ng before he dragged his best friend in to show off the masterpiece. 'I built it' was his boast for the next week or so."

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Jot down your daily and weekly cleaning jobs. Do a little each day or week to cut down on frequency of deep cleaning. In the family room, for example, pick up toys and newspapers daily; vacuum and dust weekly.

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A clutter-free home is easier to clean—and looks cleaner—than one strewn with odds and ends. Discard any unnecessary "dust-catchers," such as knickknacks, to reduce your cleaning time.

LAUNDRY TIPS

Keep pretreating sticks handy—one in the laundry room near the laundry hamper, and another in an upstairs bathroom.

Keep track of small items, such as babies' socks, by placing them in a pillowcase or mesh bag; secure the end and wash the entire sack.

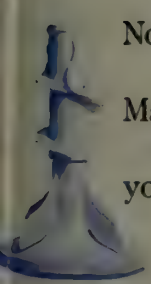
Use the amount of detergent needed for a particular load. You'll need less than the manufacturer recommends if you're washing a small load of lightly soiled clothes, or are using hot or soft water.

Add detergent to the washer as the water fills, before clothes are placed inside. Dumping detergent on top of clothes can cause some dyes to fade.

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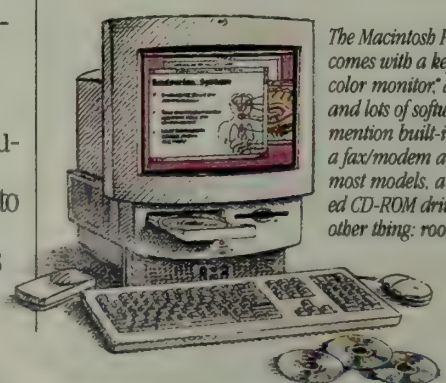
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Performa

The Family Macintosh

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between friends



ANDY LYONS

My dad's carpenter apron is now an antique, worn only when I need pockets for nails and my tape measure as I hang pictures. Dad, who used the apron for more professional reasons, has been gone for many years. But the house he built with reclaimed lumber and uncountable hours of work still stands, proud and strong, snug in a grove of maple trees.

In an earlier generation, my immigrant grandfather homesteaded a plot of land, made a clearing in the stand of pines, and built a log home for my mother's family. Although the home was abandoned years ago and the trees have swallowed up the clearing, the farmstead lives on in two treasures I have—a brick from the home's chimney and a small evergreen tree I've transplanted from the property.

Houses are in my blood. Nothing we own is so much a part of us, demands so much of us, yet gives us so much in return. That's why I'm pleased to work for a magazine that considers houses important. From the very first issues in the 1920s, we have featured the best in architecture—homes designed for family living using the latest materials and techniques. Those houses in our '20s and '30s issues are quaint and charming, but they're antiquated if you contrast them with our 1995 Home of the Year (*page 117*). Nonetheless, a house is a home whatever the decade. It's a place where families are sheltered and memories are made. It's more than lumber and nails. It's love on a foundation!

Jean LemMon

Jean LemMon, *Editor in Chief*

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Read between the signs

When a warning light glares or a gauge suddenly swings out of line, should you pull over immediately? What do unusual noises mean? Not all warning signals indicate disaster. But don't ignore them, either. Here are helpful tips.

Warning sign:
Oil pressure light or gauge

Indicates: Pressure may be too low
Danger: Serious engine damage

What to do: If you hear engine noise (knocking) pull over and seek help. If the light goes on at idle try increasing engine speed to see if the light goes out. If there's no problem, continue driving and get your car checked at the first convenient stop.

Warning sign:
Water temperature light or gauge

Indicates: Major problem—broken hose or belt
Danger: Major engine damage

What to do: If temperature doesn't drop after a minute or two, pull off the road. Let engine cool for 30 minutes before checking water and hoses. Do *not* remove radiator cap while engine and radiator are hot. If there's no problem, continue driving and get your car checked at the first convenient stop.

Don't open hood if you see or hear steam or coolant escaping. *Tip:* If light comes on when you are stopped in traffic, shift car into neutral and bring up the engine speed. This will help cool off the car. (Note: In hot weather, or when climbing a long incline, the temperature warning may not indicate a serious problem. Turn off air conditioner, turn on heater and open windows to see if problem goes away.)

Warning sign:
Battery light

Indicates: If light comes on and stays on while driving, there's a problem with electrical system.
Danger: Dead battery
What to do: Continue driving, but get car checked at first convenient stop

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family network®

READERS' SOLUTIONS

BABYSITTER NETWORK

Our neighborhood had a lack of reliable babysitters, so we formed a network. We matched teens who were interested with adult sponsors who could be available to help. We wrote an agreement that was signed by both teens and adults. The babysitters agreed not to have friends over, and the grown-ups promised to be home during specified times to check on them and handle situations that might arise.

Wendy Folse
Ft. Lewis, Wash.



STICKER WRITING

My children often need motivation to begin writing a story. To spark their interest, I give them colorful stickers to arrange on paper to create a story. Then we work together writing descriptive words about the stickers to give the story color and imagination.

Lori Caruthers Collins
Huntsville, Ala.

CREATIVE DISCIPLINE FOR YOUNG TEENS

When we disciplined our 15-year-old daughter, taking away television and telephone privileges didn't seem to work. We decided to delay the time when she could apply for her driver's license. We take off a week or more with each misbehavior, depending on the severity. The closer to 16 she gets, the more carefully she considers her actions.

Jim and Kathy Druecker
Media, Pa.

PROBLEM: TOY GLUT

Don't know what to do with all those kid's meal toys? Instead of letting them accumulate in the toy box, put them away for later use in birthday party grab bags. Your young party guests will love them. Many times they'll find the missing piece of a set or trade with other guests for one they need.

CAUTION: Remember, some toys were originally labeled, "Not safe for children under 3."

Carmen Suzuki
Ewa Beach, Hawaii

ONE-ON-ONE WITH PARENTS

Five years ago, I began taking vacation days from work on my retired

parents' birthdays. I'd visit with them all day—just my parents and me. It became more special than any gift. I found we socialized and reminisced in a more personal way than when other members of my family were there. I lost my dad this week but plan to continue this ritual with my mom.

A. Clapper
Watervliet, N.Y.

WEDDING BUBBLES

When planning our wedding, both the church and the reception hall asked us not to have guests throw rice or bird seed because they're too hard to clean up. A friend suggested that we ask our guests to blow bubbles. As we left the reception, we walked through a stream of bubbles. It was quite a sight to see all our friends blowing bubbles while trying to control their laughter.

Gina Regynski
Bremerton, Wash.

MOM OR DAD ON TAPE

Noncustodial parents wishing to give more attention to their children might consider using a camcorder to create video stories. Simply tape yourself reading age-appropriate books. Remember to read with expression and show the pictures as you read. Then give the videotape and books to your child, so he or she can follow along.

Donna Rouell
Fort Gibson, Okla.

HOSPITALITY TRAY FOR GUEST ROOM

I set up a tray in the guest room with a ceramic hot-water pot, china cups and saucers, and a small basket filled with packages of instant hot chocolate, apple cider, tea, and coffee, plus sugar and cream. In another basket, I arrange fresh fruits and packages of healthy snacks. This delightful hospitality gimmick makes our overnight guests feel welcome.

Gerrie Raw
Tyler, Texas

GIFTS THAT GROW

We couldn't afford to landscape when we first moved into our home. For our third anniversary, however, my husband and I gave each other three beautiful trees. When our daughter was born, we planted a tree in her honor. Then my parents gave us four lilac bushes and four hostas for our fourth anniversary. Now, our yard is filled with gifts that will grow with us.

Kari Mueller
Apple Valley, Minn.

JOURNAL SHARING

My niece is deaf, so I cannot talk to her on the telephone. Two years ago, we decided to share a journal. We each keep the journal for about a month before sending it to the other. It's a treat to look back and see what was important to her a year ago. Letters I would have thrown out, but our journal is a lasting treasure.

Joy Frelinger
Chapel Hill, N.C.

COMPUTER COMFORT

I love computers, both as tools at work and toys at home. Working with a mouse beside the keyboard, however, presents problems for me, as it may for anyone with achy joints or poor fine-motor skills. I place the mouse pad on a notebook on my lap, which allows a more natural arm position. This way I have better control, less fatigue, and, of course, higher game scores.

Diane Kazlauskas
Jacksonville, Fla.

WRITE TO US

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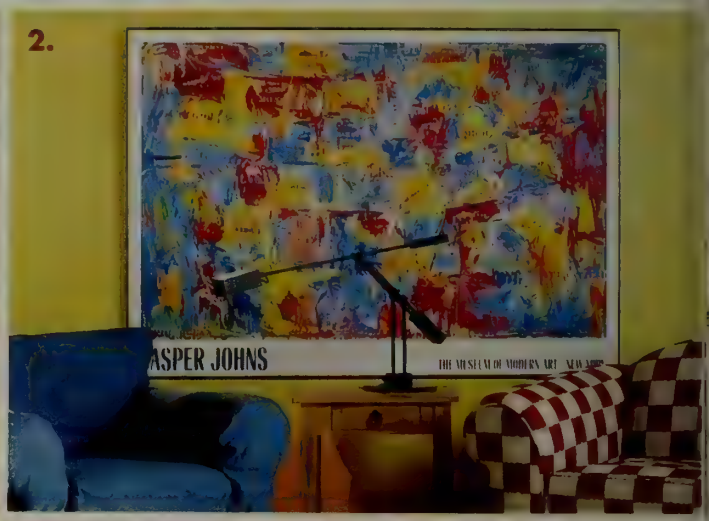
picture arranging

by Cathy Borcherding



Ask anyone whose walls look as riddled as Swiss cheese from one misplaced nail too many: Hanging pictures is an art. With attention to scale and balance—and our examples—your framed collections will be a visual feast, rather than the meager afterthought, *right*.









1. This symmetrical composition, with mirror-like images on either side of an imaginary center line, gathers together the furniture grouping by visually hugging the chairs closer to the lamp. **2.** For design balance, overscaled furniture requires a wall arrangement with gusto, such as this single dramatic work. It breaks into both chairs to link the grouping and isn't overshadowed by the slim lines of the lamp. **3.** Anchored by the low horizontal fish, this arrangement is balanced by the large fish print on the left and the "school" of smaller objects on the right. **4.** Uneven numbers of objects are more interesting than groupings of even numbers. With equal spacing between, three frames hung close to the lightly scaled chairs capture interest, which is heightened by the simple, off-centered lamp.

continued on page 18

PHOTOGRAPHS: KING AU. TEXT: CANDACE ORD MANROE

believes
gardening can be
cleansing experience.
We believe she's
right.



She loves the feeling
of the cool earth in her hands.
And the worn wooden
handles of the gardening tools
we gave her when they
planted their first garden,
so many seasons ago.
She owns several pairs
of gardening gloves.
She's just never worn them.



Now
there's a liquid soap that's
easy on hard-working
hands like theirs.
Ivory Liqui-Gel.
It washes away dirt and germs,
but retains skin's
natural moisture better
than soap can, helping your
family's hands stay
clean, soft and smooth.



Ivory Skin Cleansing
Liqui-Gel
A gentle kind of clean.

White soap Ivory is still available in the ref size



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picture arranging



Define a stairway and bring to life its dead wall space in one artistic swoop of picture arranging, rather than the scattershot approach, *right*. Coax art to climb the wall stairstep-style to highlight the diagonal railing. Or, anchor only the banister with pictures. Let the stairs guide you.









1. Using the banister as a vertical guidepost, stack a pair of prints in the landing to herald but not overpower the staircase. **2.** For an arrangement of different sizes, start with a strong horizontal object as an anchor. Create a framework for the design by mimicking the lines of the stairway: The vertical stack of prints on the left copies the post; the diagonal edge mirrors the stairs. **3.** Take a gallery approach, drawing the eye to a sleek treatment of three small photographs framed with large mats, centered and evenly spaced. **4.** To arrange same-size prints with pleasing proportions, fill the wall with the evenly-spaced grouping, centering it between the ceiling and baseboard. *continued on page 20*

You've acquired quite a bit of wisdom over the years. If only you had the opportunity to share your profundities with the world.



Send in your "Words of Wisdom" and you could win some pretty serious prizes from caffeine free diet Coke.



You've been around for a while now. And you know some things. Things you've learned through experience. Things that are valuable.

Things that we'd like to hear about.

We'd like you to write down some of your unique wisdom, in ten words or less, on the entry form.

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Official Entry Form only, print your complete name, address, zip code, and in 10 words or fewer, your ords of Wisdom." Mail entry in hand-addressed, stamped #10 envelope to: caffeine free diet Coke ords of Wisdom" Sweepstakes, P.O. Box 4141, Blair, NE 68009, to be received by 8/31/95. Limit 1 y per envelope. Winners will be selected in random drawing from among all eligible entries received, taining any 10 words or fewer "Words of Wisdom." Odds of winning will depend upon number of ible entries received. PRIZES: One (1) Grand Prize of a 7 consecutive nights Hilton Resort Select℠ for 2 people to Hilton Waikoloa Village resort in Hawaii, including hotel accommodations, round trip ransportation via United Airlines, plus $1,000 spending money ($7,000); Ten (10) First Prizes of a 3 secutive night, Hilton Resort Select℠ trip for 2 people to one of ten Hilton Resort properties in tinental U.S. Specific Hilton Resort awarded will be determined by sponsor. The approximate retail e of each trip will vary between $2,400 and $3,375. The exact value will depend upon the location he winner's home and the destination awarded the winner. (250,000) Second Prizes: Coupon eemable for a 12 oz. can or 16 oz. or 20 oz. bottle of caffeine free diet Coke (89 cents each). Value vary by geographic area. Not all packaging sizes are available in all areas. Coupon must be redeemed 2/31/95. Void where prohibited by law. Must be 18 or older as of 6/15/95. The sponsor of this pro- ion is The Coca-Cola Company, which is solely responsible for all aspects of the promotion. By cipating in this promotion, all participants and prize winners agree that Hilton Hotels Corporation, Coca-Cola Company, United Airlines, their partnerships, subsidiaries and affiliates and each of such nes' respective officers, directors, agents and employees are not responsible or liable for any injury, illness, litigation or damage that may occur from participation in the promotion or acceptance, session, use or misuse of prizes. The Hilton logotype is a trademark of Hilton Hotels Corporation, 995 Hilton Hotels. For complete official rules by which entrants are bound and for each official entry n you wish, send a separate stamped, self-addressed #10 envelope to: caffeine free diet Coke "Words Visdom" Requests, P.O. Box 4145, Blair, NE 68009, to be received by 8/31/95.

Caffeine free diet Coke "Words of Wisdom" Sweepstakes Official Entry Form

Here are my "Words of Wisdom:" (in 10 words or less)

Clearly hand print your name and address in the spaces provided below and in the space provided, indicate in 10 words or fewer your "Words of Wisdom". See details at left.

FIRST NAME LAST NAME

ADDRESS

CITY STATE ZIP PLUS 4

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picture arranging



Just because the art on your sofa wall stands alone, *right*, doesn't make it a stand-out. If your art looks lonely, get a little help from some friends—bring in other well-sized framed pieces to ensure safety in numbers. For smooth nailing, sketch a plan on paper first.









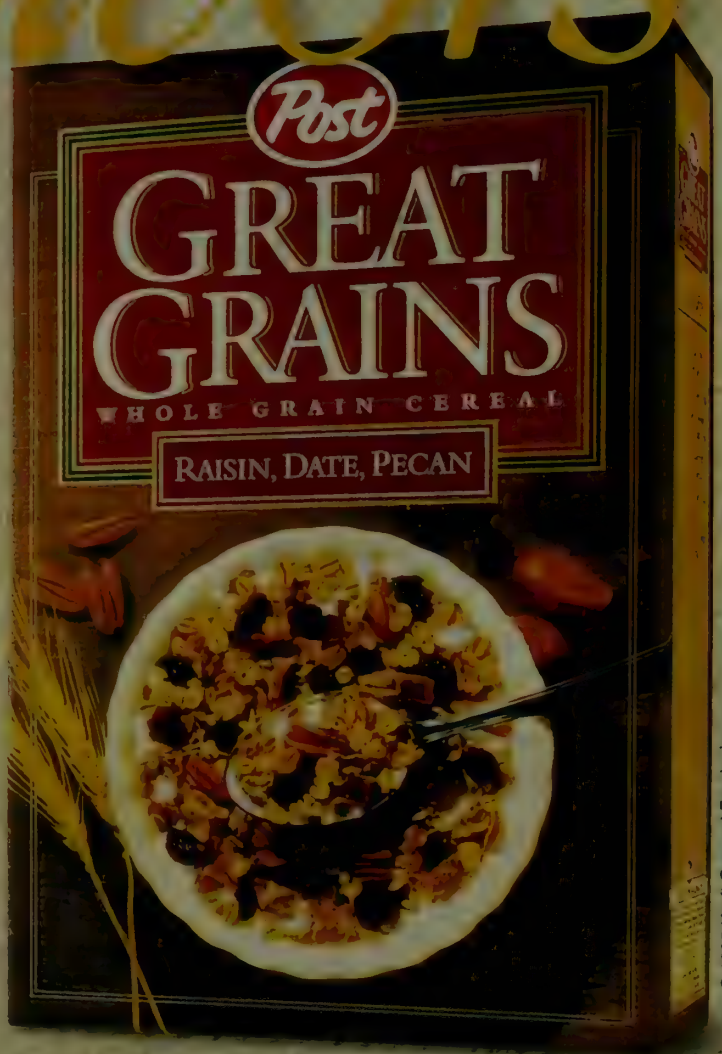
1. An asymmetrical arrangement such as this makes the eye work harder—and feel more rewarded as a result. Though not a perfect match, the grouping strikes an appealing balance: the piece with the heaviest single visual weight on the left is countered by several smaller frames on the right. **2.** Throw in some curve to break up a rigid twosome of prints. Although equidistant from the prints, the sconce is hung with unequal, but well proportioned, negative vertical space—one-third at the top and two-thirds at the bottom—for more eye appeal. **3.** Form a radial arrangement by focusing plates around a print as though they radiate from a central point. For color balance, keep the visually heavy colored plates low and to the outside of the design. **4.** A large round-arm sofa deserves a proportionately sized painting. The ratio of negative space on either side of the painting is 2:3, which builds the rectangle comfortably within the sofa frame. Hang it just high enough (4–6 inches) above the sofa so you don't hit your head when sitting, but not so high that it seems uncomfortably detached.

continued on page 22

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SECOND ANNUAL

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and you could win!

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TEN SECOND PRIZES:
Nikon automatic 35mm camera.

Photo credits (clockwise from upper left): Lisa Herigon, Kathy Kitterman, Sharon Clifford, Lynda Nieman.

OFFICIAL RULES: 1. Entries must be accompanied by an original cash register receipt from any Hartz Mountain product with the purchase price circled. Residents of AZ, VT and MD need not send receipt. Entries will be judged by a qualified panel of judges based on 100% Originality. Decisions of the judges are final. Entries must be the original creation of the entrant; may not have been published previously and/or cannot have won prizes or awards in other contests; must not be restricted in any way, must not infringe on any third party rights. Limit one entry per envelope. No prize substitutions. Prizes are non-transferable Entries become property of sponsor and will not be returned. Print your name, address, phone number on 3x5" card and submit with your entry. Include a photograph that captures the spirit of your pet as a member of the family. Photo must include at least one other family member. Photo may be either color or black and white; maximum size 5x7". No mechanical reproductions. Limit one entry per family or household. 2. Sponsor reserves the right to modify, edit, adapt, publish and/or use entry in any way, in all media without limitation and without consideration or payment to the entrant. Sponsor is not responsible for lost, late, mutilated, incomplete, misdirected, illegible, indiscernible, or postage due entries or mail. In event of a tie, tied entrant must participate in a tie-breaker based on skill. Wisc. residents: in event of a tie, duplicate prizes will be awarded. Any persons pictured in photo (other than winner) must sign an appropriate release. 3. (1) Grand Prize: Panasonic 50" Wide Screen Projection TV; Palmcorder VHS Camcorder and 4-head VCR. Approximate prize value: $6,000. Five (5) First Prizes: $250 worth of Hartz Mountain pet care products. Ten (10) Second Prizes: Nikon camera; value: $100. Total prize value $8,250. 4. Winners required to sign and return a Liability Release, Affidavit of Eligibility and Assignment within 10 days of notification. Failure to comply with these conditions will result in forfeiture of prize and alternate winner will be selected. Except where prohibited, by accepting prize, winner consents to the use of his/her name, photo, and/or likeness for advertising and promotional purposes without additional compensation. Entry submission further constitutes the entrant's consent to irrevocably assign and transfer to the sponsor any and all rights, title, and interest in the photo including, without limitation, all copyrights. 5. Entries must be received by 10/15/95. 6. Open to U.S residents 18 years and older. Employees of Hartz Mountain and Meredith Corp. and their subsidiaries, affiliates, sales representatives, distributors, retailers, agents and immediate families of each are not eligible. Winners will be selected on or about 12/1/95 and notified by mail by 12/15/95. For a list of winners, send a self-addressed, stamped envelope to Hartz Mountain Winners List, BH&G Marketing Services Dept., 750 Third Ave., NY, NY 10017 by 12/31/95. All rights, title, interest, including copyrights, belong to the Hartz Mountain Company. Void where prohibited. Taxes on prizes are the sole responsibility of winner.

SEND ENTRIES TO: HARTZ Contest, BH&G Marketing Services Dept., 750 Third Ave., New York, NY 10017. Deadline for entries 10/15/95.

It starts with Hartz.

STYLE IN THE MAKING

picture arranging

Not every wall is the ideal canvas for art. For those skinny, short, or squat areas, or any other oddball spaces, arrange pictures to echo the shape of the space itself. Start with your furniture or the baseboard as a foundation.



Do you like to rearrange your composition often? Then spare your walls from numerous nail holes and hang a decorative drapery rod, as shown over the sink *above*, from which to hang pictures, even a mirror. Attach ribbon to the back of the prints and mirror, and tie them over the rod. Adjust the length of the ribbons to stagger the prints for design rhythm. Then underscore the entire grouping with a narrow shelf that provides artful dimension.

continued on page 24



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Don't fold or bend your mattress, because you may damage the main innerspring support.

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Take a turn by flipping your mattress over and turning it end-to-end every two weeks for the first three months, then every two months.



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STYLE IN THE MAKING

picture arranging



When a tall, skinny space is created between two windows or between a window and a door, accentuate the obvious: stack prints atop one another for a similarly vertical impact. Here, even the mats are elongated to feel a part of the group. The wall objects reach down to the furniture to create a single focal point.



Warmly embrace an area by connecting your walls with a corner-hopping arrangement. Line up a series of prints around a corner. The space between them should be equal, but wider than the width of their mats. The horizontal grouping fits the wider-than-high wall space, and is hung low enough to link with the furniture.



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And you'll rest easier for years to come knowing that **ComfortCrafted** mattresses feature only 25-year warranty in the world. Ask your salesperson for details.

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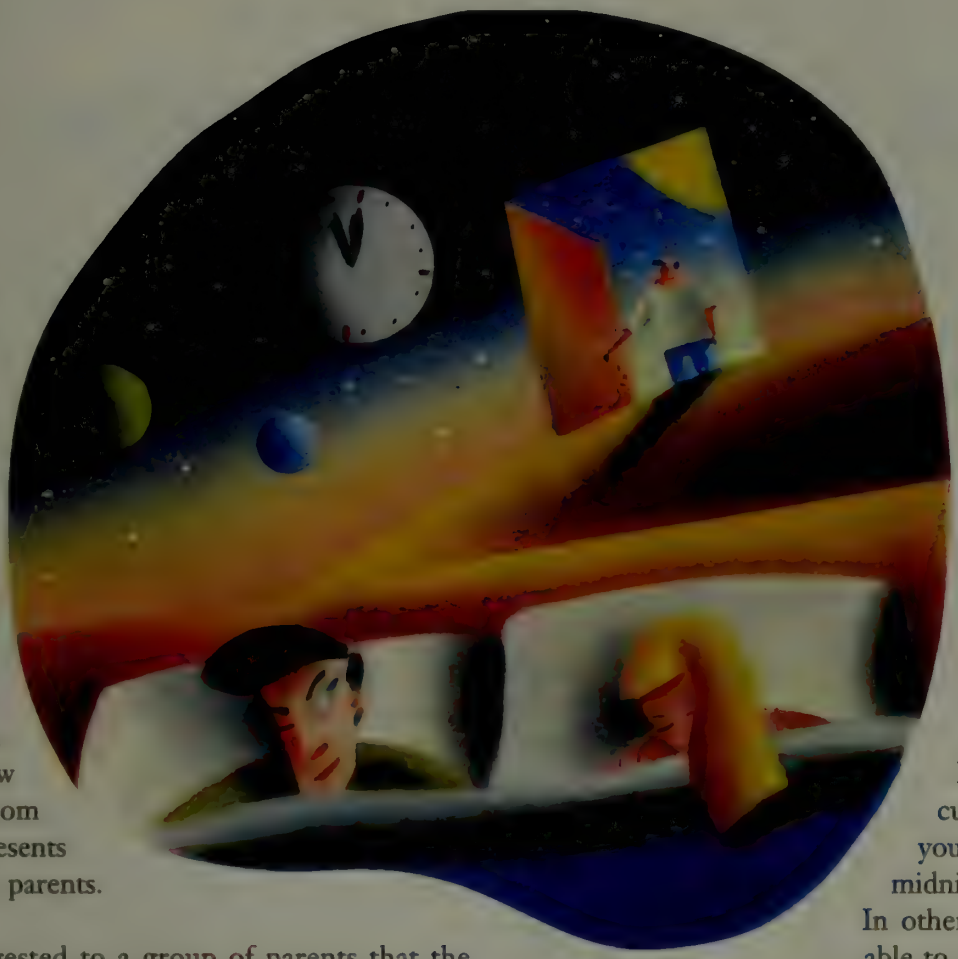
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Curfews



During the elementary school years, the most enviable child is the one with the latest bedtime. When the children become teens, curfew replaces bedtime as the ultimate symbol of privilege. And just as curfew represents freedom to teens, it represents control to their parents. Unfortunately.

I recently suggested to a group of parents that the typical 16-year-old can be trusted to set his or her own curfew. An indignant parent countered that if teens were allowed such freedom, they'd get into "nothing but trouble."

The truth is, only a small minority of teenagers ever gets into serious trouble. Nearly all of them make mistakes, but very few make big ones. It isn't early curfews that keep teens out of trouble; it's respect for parents and family. If you respect your parents, you will try not to disappoint them. It's as simple as that.

When our son, Eric, turned 14, his curfew on non-school nights was 10:00. He told us that was too early, and we agreed. We also told him we were tired of being "enforcers." How would he like to set his own curfew? His eyes popped. My wife, Willie, and I explained.

While we didn't believe Eric was old enough at 14 to come in when he wanted, we allowed him to proceed toward that goal. Every six months we extended Eric's curfew by 30 minutes, provided there were no violations within that six-month period. No excuses would be accepted. When he had earned a midnight curfew and not violated it for six months, he would be able to set his own curfew.

"Understand one thing," I told Eric. "Even when you are setting your own curfew, your mother and I will want to know where you are and who you are with. Furthermore, if you say you are going to be in by two o'clock, we expect you in at two o'clock and not a minute later. If you violate the curfew you set for yourself, we go back to midnight for six months. In other words, Eric, being able to set your own curfew means freedom, but it also means commitment, responsibility, and most of all, trust."

It isn't early curfews that keep teens out of trouble; it's respect for parents and family.

Willie and I didn't want to control Eric. We wanted Eric to control himself. We figured that he would not learn to control himself if we did all the controlling. When he went off to college, we did not want him feeling and acting as if he'd just been released from prison.

I don't think we ever had to reset the six-month clock for Eric. Shortly after getting his driver's license and his own four wheels, he earned the debatable privilege of setting his own curfew. I say debatable because he was more conservative than his mother and I would have been. He usually set curfews for himself that were earlier by a long shot than we would have set.

I never told him so, of course. Why? Because like most parents, I could not sleep soundly until he came home.



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- Will the house take advantage of warm sunshine? A solar benefit can be built into any house by positioning it so windows are on south-facing walls. The flood of sunshine will help dispel low temperatures and high heating bills. Most styles of architecture can be adapted to solar design without difficulty.
- Is the house sited to use its natural assets, such as trees, hills, or other features offering shade or protection from strong winds?

DO YOU KNOW?

The appetite for organic foods is growing. Not long ago, foods grown without synthetic fertilizers, pesticides, or herbicides were available only through health food stores. But by 1994, organic foods were stocked in mainstream markets and sales topped $2 billion. That volume may grow 25 percent annually for the next decade.

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The Lost Art of Storytelling

To raise happy children, tell them tales



Ever since humans first learned to speak, parents have told stories to their children. Storytelling has the power not only to entertain, but to teach, to heal, and to transmit traditions and family lore from one generation to the next. Yet in this electronic age, families are in danger of losing their storytelling heritage.

"The tradition of telling stories within the family has really suffered," says Jay O'Callahan, one of America's best-known professional storytellers. "In times past, parents were probably more comfortable in their storytelling role than they are now. They had more time to spend with their children and they didn't have to compete with television."

Parents make wonderful storytellers because they have strong bonds with the listener and they know their child's needs better than anyone else, says O'Callahan. His career began when he started making up tales for his children more than 20 years ago.

Whether the legends are well-worn folk tales, family lore, or fantasies invented on the spot, they convey to the young listener a special sense of security and a knowledge of his or her place in the world. Children love to curl up on a parent's lap and hear a story told by someone who knows and cares about them. Television can't give them that.

Stories are perhaps the most effective teaching tool ever used. All of the world's great religions use tales and parables to preserve and transmit beliefs and values. Families can do that too.

"Stories work when lectures don't," says Bill Harley, whose yarns about his family are often heard on public radio. He recalls an outing when he and his youngest son, Dylan, were lagging behind while the rest of the family started up a mountain. After a quarter of a mile, Dylan was resisting every effort to coax him up the slope. Finally, Harley said, "Did I ever tell you about when I first went up the mountain as a boy?" Within a few minutes, father and son were climbing together, hand in hand. The story went with them to the top.

WHEN BEGINNERS TELL STORIES, THEY OFTEN LACK CONFIDENCE. IN THAT CASE, A PARENT MIGHT START BY SIMPLY READING TO THE CHILD.

The positive power of weaving a tale goes deeper than teaching. Today, says O'Callahan, storytelling is being rediscovered as a healing activity. "When a child is crying, you

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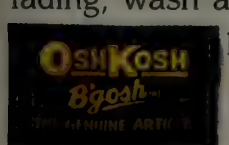


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Storytelling

continued from page 32

put your arms around the child and talk. The mere sound of your voice is soothing. But when you tell the child a story, the power of imagination is also putting its arms around the child.

"A number of the stories I tell came out of pain. When my son, Teddy, was four, he bumped his shin and was outside crying. I went out and there he was with a badly bruised shin. I wanted to make him forget his troubles, so I told him a story."

One of O'Callahan's favorite examples of healing through storytelling is a true tale told to him by a woman he met while he was performing at the National Storytelling Festival in Jonesborough, Tennessee.

The woman, who worked with children dying of cancer, told O'Callahan about an 11-year-old named Jonathan who had leukemia. He had told his parents that after his death he would like them to scatter his ashes on Lake Michigan.

"When Jonathan died," O'Callahan continues, "his parents and his brother, Charlie, who was five, went out on their boat and cast Jonathan's ashes on the waters. A monarch butterfly flew down and Jonathan's mother said, 'Look! That's Jonathan!'

"The next day they were out on their boat and again a monarch butterfly flew down to them, and this time Charlie said, 'Look! That's Jonathan.' Later, they were on a beach and Charlie was stirring sand with a stick. An old gray moth flew up from the sand and Charlie shouted, 'Look! That's Jonathan...but he's wearing a different shirt.' "

O'Callahan says he went on to his next performance at the festival and told everyone the story. "To me it was that startling use of language that only a child could come up with. I think it allowed the family to see Jonathan's death as a transformation."

When beginners tell stories, they

often lack confidence. In that case, O'Callahan says, a parent might start by simply reading to the child. "But play with the rhythm of the words and the sound of your voice," he suggests. "Discover the fun of the tale reflected in the child's eyes. Doing this brings out the playfulness of the adult. When the adult is feeling playful enough, she can put down the book entirely and say, 'When I was a little girl....' That invites the child into the adult's childhood."

After a parent has gained more confidence, it's fun to begin inventing allegories on the spot, building on everyday experiences.

Storytelling takes the ordinary stuff of life and turns it into gifts for your children. Along with each tale, the listener receives an unspoken message that says, "You are special so I made this up for you."

TIPS FOR TELLERS

Bill Harley, a master teller of tales, offers the following suggestions for parents who would like to enrich their storytelling skills:

- Choose stories that you like to tell. Select tales with a clear, simple, straightforward plot and a limited cast of characters. Folk legends are a natural choice for beginners.
- Memorizing a story word for word is generally not the best way to learn. When you know the story, start to tell it to yourself in your own words. When you're comfortable with the story, tell it to someone else.
- There is no one right way to spin a yarn. In the end, a particular style or technique is not nearly as important as the willingness and interest in sharing a story with someone.
- Be aware of the power of silence. It is as much a part of the story as words. It adds depth and excitement, and gives the listener, as well as yourself, a chance to picture what is happening.



fitness matters

GOOD NEWS ABOUT SHAPING UP

Happy Athletes Train Harder



Skipping a trip to the gym when you feel sad may not be such a bad idea. Two recent studies have found that negative moods can adversely affect your level of fitness.

A Swedish study of world-class canoeists found they could use their own mood changes to maximize training and avoid overtraining. In the three-month study, negative moods reported for nine days resulted in reduced training on those days. For eight days in which the canoeists reported positive moods, their training load increased.

The net effect was that the canoeists avoided performance drop-offs and maintained a zest for their sport.

After analyzing their moods for six months and adjusting training to fit, swimmers in Australia avoided staleness and recovered faster from fatigue. The mood monitoring helped the swimmers avoid overtraining and, as a result, their race times improved.

If you are interested in using moods in your exercise program, check out *Maharam's Curve* (W.W. Norton, 1992, $19.95). In the book, sports medicine specialist Lewis G. Maharam, M.D., explains how athletes can develop training schedules based on mood. To order, call 800/233-4830.

5 Ways to Tone Up Those Tootsies

Woe is the lowly toe. We have 10 of them, yet nobody even thinks about the little guys until something goes wrong. Carol Frey, M.D., of the American Orthopaedic Foot and Ankle Society, says anyone who uses their feet to stay fit can benefit from five easy exercises to keep their toes in tip-top shape.

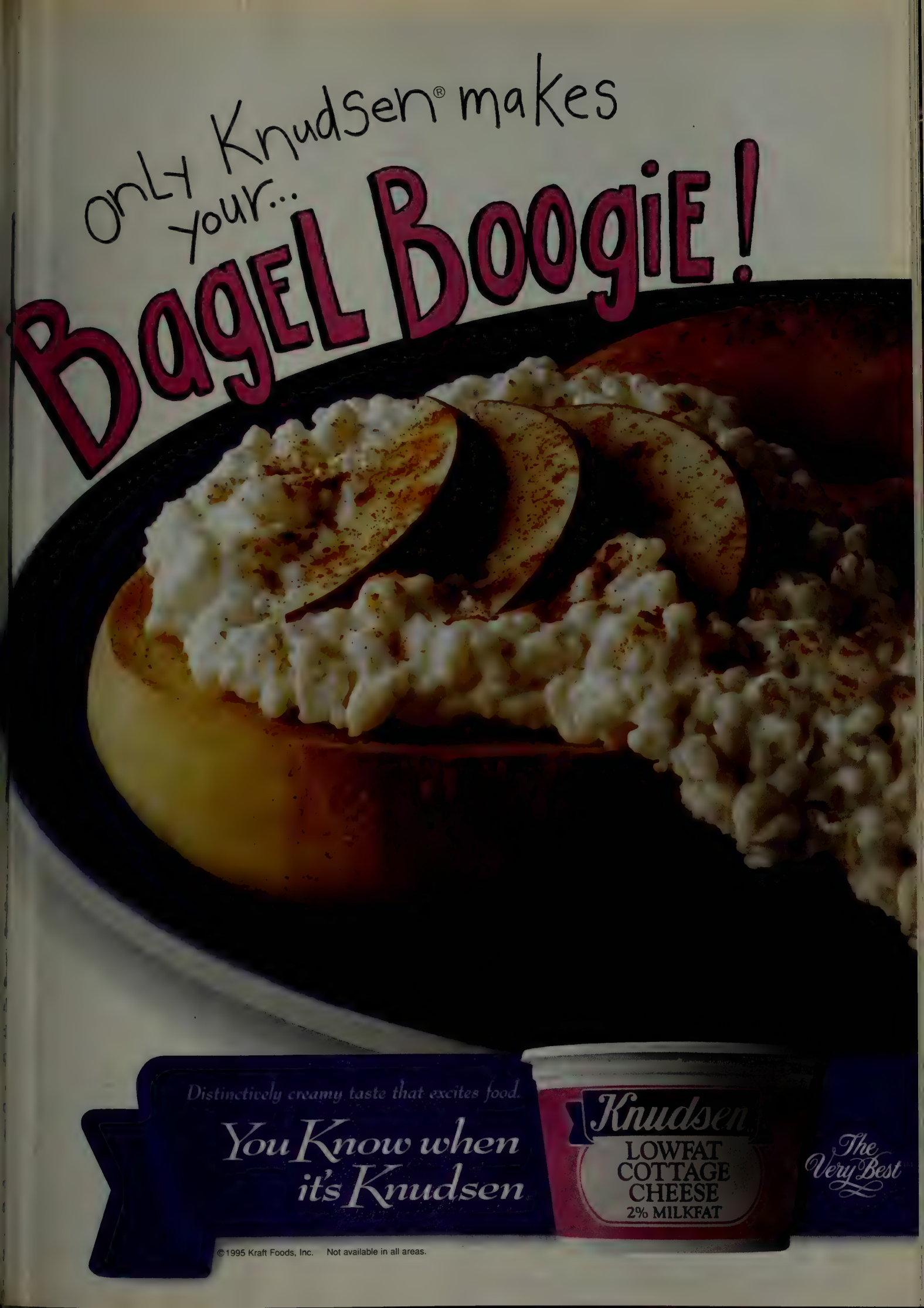


These exercises can help relieve toe cramps, arch strain, pain in the ball of the foot, hammertoes (when toes curl under), and aches along the arch.

- *Toe squeeze.* Place gauze or foam pads between toes. Squeeze toes together for 5 seconds. Repeat 10 times.
- *Golf ball roll.* Roll a golf ball und the ball of your foot for 2 minut This is a great massage.
- *Towel curls.* Spread a towel out the floor. Place your toes in t middle and curl them under to pi up the towel. Drop it and repe five times.
- *Marble pickup.* Use your toes pick up a marble and place it in bowl. Repeat 20 times.
- *Sand walking.* Walk barefoot the beach to massage and condition the whole foot, but on the lookout for glass.

continued on page

ILLUSTRATIONS: LYNN FELLMAN


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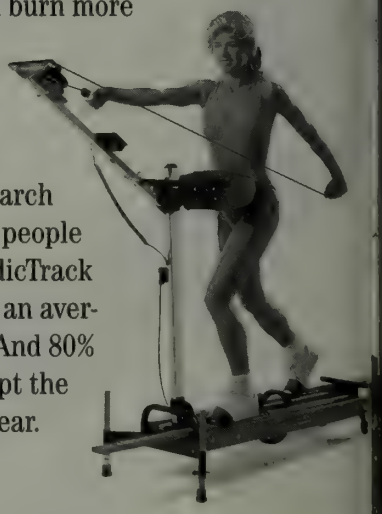
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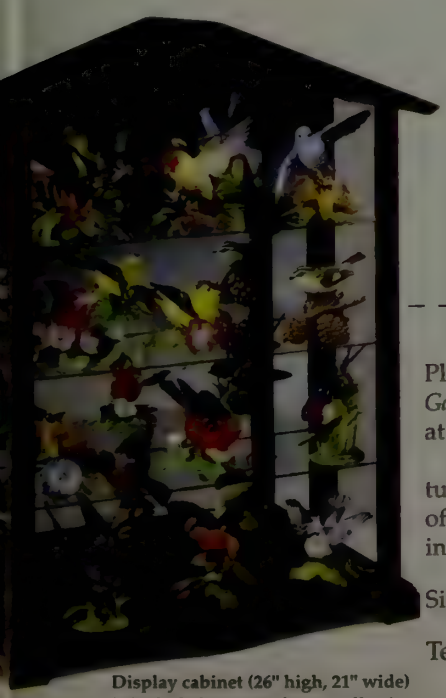
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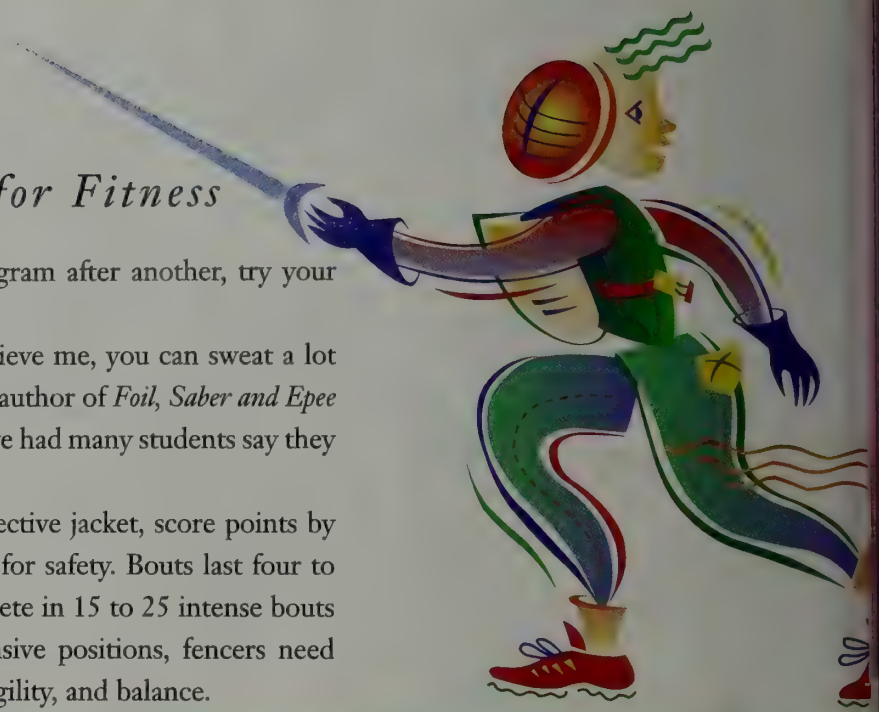
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Fitness Matters

continued from page 36



En Garde! Fencing for Fitness

If you have been foiled by one fitness program after another, try your hand at fencing.

Fencing? Where's the workout? "Oh, believe me, you can sweat a lot while fencing," says Emmanuil Kaidanov, coauthor of *Foil, Saber and Epee Fencing* (Penn State Press, 1994, $24.95). "I've had many students say they didn't expect to work this hard."

Fencers, wearing a mask, glove, and protective jacket, score points by touching opponents with a weapon padded for safety. Bouts last four to nine minutes. In tournaments, fencers compete in 15 to 25 intense bouts a day. To slash, thrust, and maintain defensive positions, fencers need endurance, mental and physical quickness, agility, and balance.

Pregnancy Workouts: No Boost for Self-Esteem

Pregnant women who exercise experience fewer physical discomforts during the last trimester than pregnant women who do not exercise, a new study has found. But psychological tests showed that self-esteem during pregnancy was the same whether the women exercised or not.

The study, done at Penn State Erie, is more proof that moderate exercise during pregnancy, such as walking, has benefits for women who have been exercising all along and have their doctor's OK.

However, for those who feel they have enough to handle during pregnancy without maintaining an exercise program, this study is good news.

"Exercise is not necessary to feel good about yourself when pregnant," says Marilyn Livosky, Ph.D., assistant professor of psychology at Penn State Erie. "Our findings should bring relief to women who feel guilty and beat themselves up with the notion that they have to be out there exercising too."

It's Never Too Late for Exercise

Helping an elderly friend or relative start exercising after years of inactivity can be a tough job.

"It's almost as difficult as getting teenagers to clean up their rooms," says Henry Barry, M.D., an associate professor at Michigan State University's Department of Family Practice. To excite the older people in your life about exercise, Dr. Barry suggests the following:

• *Define goals.* They may include playing with grandchildren, carrying groceries, gardening, or biking across the city. It's important that older people set their own goals and, when helpful, create progress charts.

• *Analyze what stands in the way of exercise.* Family demands? Work? A ride?

• *Ask a doctor about underlying medical problems.* Fatigue may be from anemia, heart disease, or a thyroid problem. Depression may be the issue. Or, the problem may be a specific pain that can be relieved with professional help.

• *Recognize socializing as a powerful motivating force.* Set up a buddy system or join exercise classes with other older folks. Have a good workout, then go have lunch.

• *Mix it up.* Emphasize variety, pleasure, and low-to-moderate intensity. Try bowling one time, biking the next, a round of golf, and then square dancing. Go easy and often, and choose activities with a low risk of muscle strain.

• *Recruit friends and family.* There's nothing like having your own cheerleaders.

by Gary Legwold

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by Sandra Fish

Doc In a Box

A Home Health Software Guide



Every time Sherry Ranieri-Collins takes her three-year-old daughter to the pediatrician, she walks in armed with knowledge and a list of questions—all generated by her computer.

The New Jersey mom has one of the hottest new medical reference tools around—the *Mayo Clinic Family Health Book CD-ROM.* "If we have questions on a condition we have never heard of, we look it up," she says. "You go in with a little more ammunition and know what you are talking about."

As more families learn to log on, they are turning to computer screens for medical advice instead of thumbing through clumsy reference books. In most cases, searching for information on ailments such as sore throats, or even emergencies, takes only seconds. The results can be easier to read and more informative than some cumbersome medical guides.

Consider, for example, that your child cuts herself and starts to bleed heavily. A 30-second search for "bleeding" in the *Mayo Clinic Family Health Book* delivers a screenful of text describing what to do about cuts. Another click of the mouse produces a video demonstrating where to put pressure to stop bleeding near an artery.

Health and fitness software also can make learning fun for adults and children. It's far more entertaining to look at a colorful, rotating skeleton and listen to a narrator read about bones and muscle tissue than to look it up in an encyclopedia.

"They're rather inspiring to an old family doctor who believes in patient education," says John Renner, M.D., president of the Consumer Health Information Research Institute in Kansas City, Missouri. "There is so much more in them than would be found inside a book. They cover a lot of general information very well."

How reliable are they? While today's software programs offer a whole range of sound medical advice and remedies, they should not replace your family physician. Virtually all the programs force users to acknowledge a disclaimer before or after using the software, and with good reason.

"The good news is, it is helpful to the consumer to understand more, but it's bad because the computer doesn't ask all the questions that need to be asked, like your medical history," says Hurley Myers, Ph.D., a physiology professor at Southern Illinois School of Medicine in Carbondale.

The programs are just another education tool, like a magazine or book, says Myers. They help people understand diseases better and can generate detailed questions. Adds Dr. Renner, "I have not yet told somebody, 'You've got an answer in a CD-ROM.' They can't get down to the kind of nitty-gritty, detailed, minute questions."

FAMILIES ARE TURNING TO COMPUTERS FOR ADVICE ON EVERYDAY ILLNESSES.

What to consider when buying. Many of the newer home computers—especially those with a CD-ROM player—come with a medical software packaged along with an encyclopedia, an atlas, and other programs. You also can buy medical programs separately. Prices range anywhere from $40 to $100. Before you shop around, do some basic homework. For starters, ask yourself the following questions:

continued on page 46

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Doc in a Box

continued from page 44

• *What will my family be most interested in?* Some programs offer sparkling videos and graphics, while others are less sophisticated. Some focus only on fitness, others on general health, and still others on finding solutions to specific health problems.

• *How much does my family use the computer?* Families who use their home computers a lot (those with everything from the checkbook to the grocery list to tonight's dinner menu on disk) may want a program that allows them to keep records and chart health statistics for every family member. More moderate users will be satisfied with simple medical reference programs.

• *How powerful is my computer?* Even if you don't have a CD-ROM player, there are programs available on disks that may suit your needs. Some of those programs, however, may require sound capabilities on your computer. Before you buy, find out how much memory is available on your hard drive and make sure the program you're considering doesn't exceed that level. Also, you must buy the correct software for your computer. Most of the medical programs are available in either Macintosh or Windows, but be sure to read the label.

• *What can we afford?* Medical computer software varies widely in price. Weigh the price against the information and capabilities you'll get from a program, advises Dr. Renner. "The cost of it worries me a little," he says. "By the time you've invested in one of these, you've got enough money to buy six or seven books."

Myers, of Southern Illinois, suggests asking your doctor for a recommendation on what to buy. Many physicians are starting to use software to help diagnose patient illnesses. And if you've logged on to your computer to get a handle on your symptoms before making an office visit, don't be shy. Let your doctor know, says Myers.

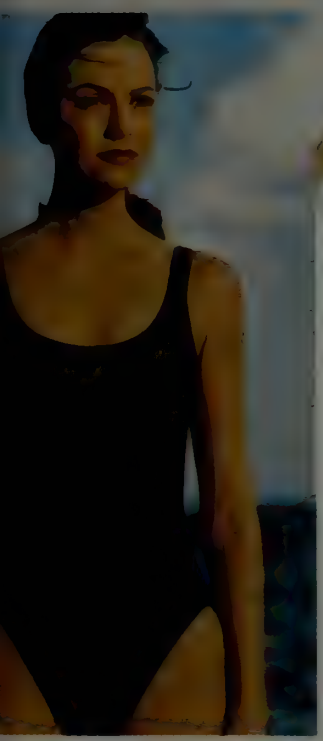
A sampling of programs. Following is a brief description of some programs you and your family may find useful and fun.

Mayo Clinic Family Health Book (IVI Publishing, $45, CD-ROM, Windows or Macintosh). Organized in eight sections, this CD-ROM offers a wealth of information with clear graphics and video presentations. The Lifecycles chapters are especially helpful for parents. In the section on the teen years, for example, there's advice for both parents and teens on growth, nutrition, intellectual growth, sexuality, and relationships.

The program stresses communication between parents and teens, with suggestions on how to approach sensitive subjects. Like other programs, you can click on highlighted words to get more information. There are also good searching capabilities and definitions of medical terms and medications.

continued on page 52

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A unique new product that combines sunscreens with a tanning ingredient to give you the best of both worlds. You get the attractive, tanned look you feel good about and the protection you need from long-term skin damage. With Coppertone Protect & Tan lotion, you don't have to give up anything to get everything you want.



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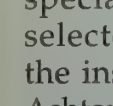
The most precious porcelain mini-dolls ever... beautifully detailed, wonderfully priced!



In 1985, the Ashton-Drake Galleries introduced artist Yolanda Bello's legendary *Picture-Perfect Babies*® doll collection. Today, the original collection is completely sold out, but these dolls still touch people's hearts.

Because the *Picture-Perfect Babies*® are so special, we've selected them as the inspiration for Ashton- Drake's very first *mini-dolls*! These amazing dolls are hand-painted porcelain, in the same precious poses and costumes as the original porcelain masterpieces by doll artist Yolanda Bello...but they fit right in your hand!





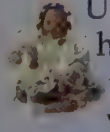
Best of all, each little one can be yours for just $29.95 each, or two monthly payments of $14.98,* a wonderful value!



Start the collection with "Danielle," 5 inches high, seated.

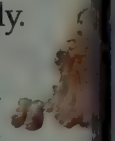
She fits right in your hand!

So much lovable, lively expression in each little baby!



Until you've seen them, and held them, and examined these mini-dolls in person, you'll never know how charming they are! Each little baby face and porcelain limb is delicately sculpted and hand-painted. The poses are so lifelike, it's like looking at treasured family snapshots. Start the collection with "Danielle," the pretty little lady who's all dressed up, waiting to go Grandma's. You'll love her crochet-lo pinafore, print dress and matchi bonnet. She's tickling her own ti toes, and holding a wee stock- ing as she sits so playfully.





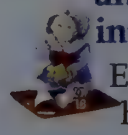
Order the collec- tion, and the dra- matic wooden displa case comes absolute FREE!

Order "Danielle" for tw payments of $14.9 Pay for her, and t next doll in the co lection will b automaticall shipped to you. Pay f each doll in two month installments for each, an soon you'll have all eleve babies! And you'll get t custom-designed, woode display case FREE with yo fifth doll!





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Signature _____ Date ( )

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*Plus $3.94 home delivery fee and any applicable state sales tax. Please allow 6 to 8 weeks for delivery. Canadian price: $39.95 per doll plus postage and handling and any applicable sales tax.

43309-D81201

Doc in a Box

continued from page 46

The Doctor's Book of Home Remedies (Compton's New Media, $39.95, CD-ROM, Windows). Produced with assistance from *Prevention* magazine, this program offers a variety of home remedies and alternative treatments for ailments from the common cold to acne to hangovers (one solution offered—don't drink so much). The program includes herbal remedies alongside traditional "mom"-type suggestions. To cure a cold, the authors recommend gargling with salt water or nibbling on garlic cloves.

In addition to searching, it's easy to locate alternative treatments or home remedies on the point-and-click menu. The program includes 25 minutes of video, but graphics aren't as sophisticated as other programs. Another helpful feature is a listing of hotlines for aging, cancer, family services, AIDS, and more.

HealthDesk (HarperCollins Interactive, $29.95, on four 3.5-inch disks, Windows). Favorably reviewed by the American Academy of Family Physicians Foundation, this software includes medical information as well as a method for tracking your family's health records. There is room to record everyone's vaccines, drug allergies, doctor's visits, and exercise. Women can even chart their menstrual cycles and daily temperature.

Medical information comes from the *Healthwise Handbook*, with information on ailments, home remedies, and when to call a doctor. Another helpful feature is a listing of more than 200 organizations that provide health and medical information. Included are numbers for local health-related bulletin boards or on-line services, as well as a plug for HealthDesk's on-line service (software and a free six-month subscription are offered for $14.95).

Medical HouseCall (Applied Medical Informatics, $55 on CD-ROM, Windows or Macintosh). This is another program that allows you to track your medical records as well as get information about different symptoms and drugs. There are 20 categories for medical record keeping, including health habits, physician information, and doctor's visits. The software includes an encyclopedia, a listing of medical tests, and interactions of different kinds of drugs. By entering symptoms, you get a listing of possible ailments, along with information on when to call a doctor and what to avoid under certain conditions. Photographs and illustrations on this program are clearer than some other programs.

BEFORE BUYING, ASK YOURSELF: HOW DO I WANT THE INFORMATION DELIVERED?

The Family Doctor, 3rd Edition (Creative Multimedia, $29.95, Windows or Macintosh). Information on this software is arranged in several categories—questions and answers, rare disorders, prescription drugs, basic first aid, anatomy, and others. Sound and video quality are good. Instructions, such as in the first aid area, are clear and informative. This package also includes a listing of associations and foundations for more information.

There are many other medical software programs not mentioned here. Some focus specifically on prescription drugs, fitness, or even specific diseases. The Mayo Clinic series, for instance, includes CD-ROMs on health and fitness, drugs, and the heart.

And while commercial publishers are in the vanguard of medical software thus far, academia isn't far behind. Michigan State University is currently developing a CD-ROM for women who are diagnosed with breast cancer. They plan to follow up with a CD-ROM on prostate problems.

"MODEM MEDICINE" NEEDS SECOND OPINION

If your computer has a modem, there's a cyberworld of medical information awaiting you. But you'd be wise to take on-line advice with a big grain of salt.

While doctors and other health care professionals often frequent Internet newsgroups or specialty discussion groups on services such as Prodigy or America Online, there's also a great deal of information being provided in these areas by laypeople.

Their advice often doesn't come with the disclaimers found on medical computer software, which direct you to consult your doctor for more information, and to avoid substituting information found in books or software for professional treatment.

"That's one of the things that always bothered me. You really have no way of knowing what a person's credentials are," says Christopher J. Centeno, M.D., of Challenge Sport and Spine Center in Thornton, Colorado.

This problem may be curtailed in the future, with doctors or universities setting up their own systems to offer patients medical advice via modem. For example, Dr. Centeno is working to establish a spine specialty area on the Internet with only professionals giving out advice. An extra fee would be charged for those seeking help.

But Richard Toselli, M.D., associate professor of surgery in the division of neurosurgery at the University of North Carolina in Chapel Hill, says there are some major problems to overcome before doctors regularly start dispensing advice through a computer.

"At some time there may be on-line consultations with physicians, but the problems are going to be confidentiality and liability," says Dr. Toselli. "A lot of people are very hesitant with Internet law being in its infancy."


"If I could solve one problem facing our children today, I would end world hunger, promote world peace, and then, if there was still time before dinner, I'd convince more people to drink more milk. Besides tasting great, three glasses of milk a day provide all the calcium you need, which in turn will make the world a better place.
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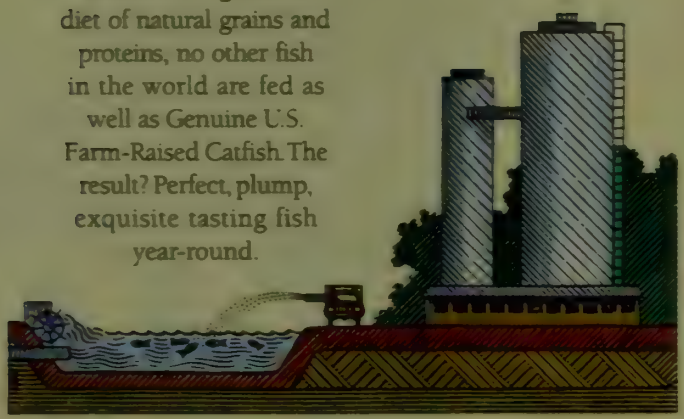


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by Patricia Hittner

starting a *family* at 40



The Logue family

People sometimes stare when Nancy Logue strolls through a mall with her newborn daughter. A couple of times, strangers have even asked, "Is that your baby?"

"They seem to be reacting to seeing a woman with graying hair carrying this teeny baby," says Nancy, a 41-year-old psychotherapist and health care administrator. "I know it is entirely possible I could be her grandmother."

Nancy, who married at 38, brushes aside such questions. She is too busy reaping the emotional rewards of midlife motherhood. "The best thing about being an older mother for me is my relationship with my husband," she says. "I'm more mature and the quality of our relationship is more mature. That's an important foundation for a family. Another part of being older is I can appreciate the baby more. I've had a lot of other experiences."

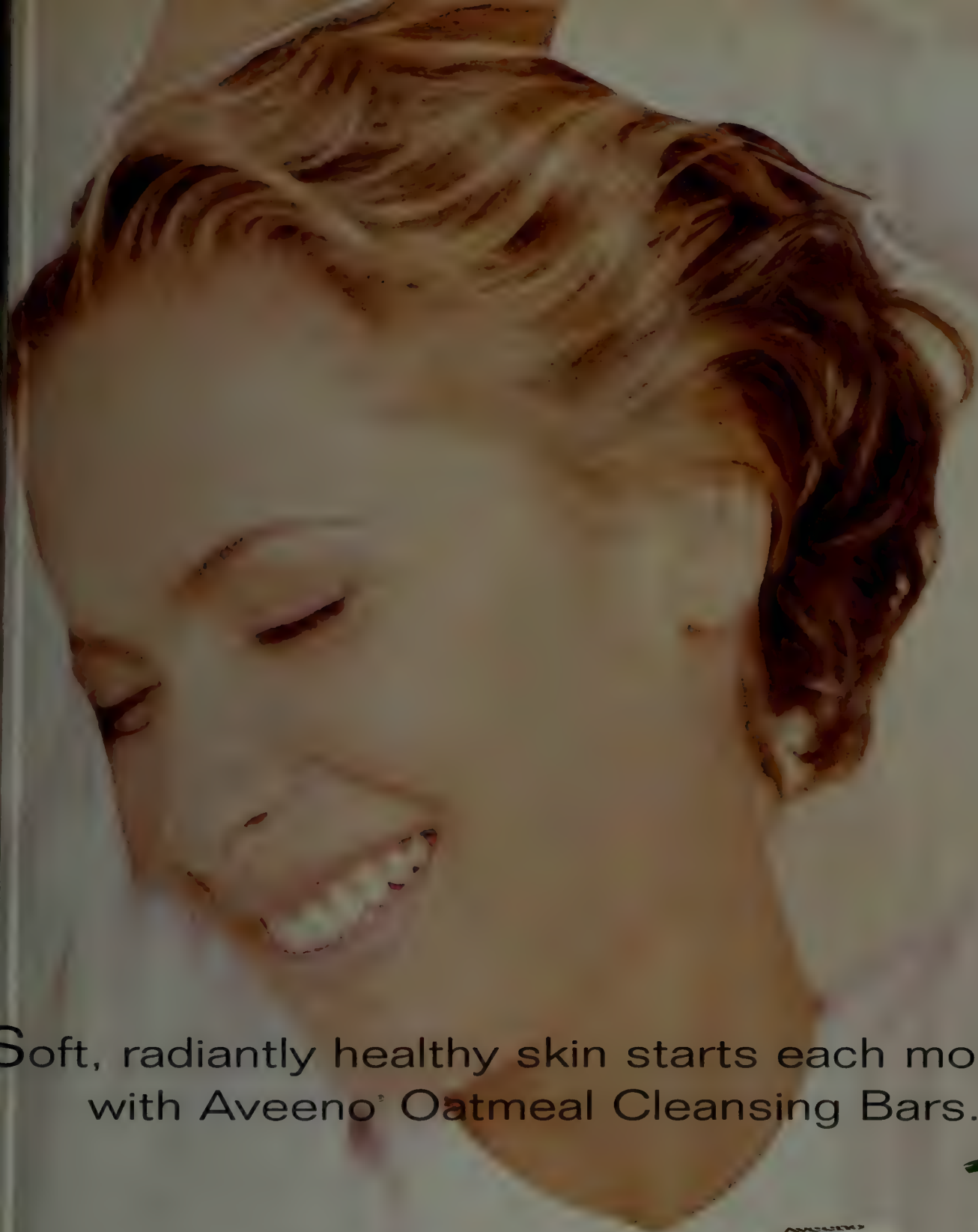
Merrie Spaeth had her first baby, a son, one month before turning 40. Four years later she gave birth to a daughter. Career has long been a driving force in Merrie's life. She's worked as a newspaper reporter, a talk-show host, a producer for ABC's *20/20*, and media relations director for former President Reagan. "I was just one of those women who got caught up in opportunity," she says.

More women than ever before are starting their families at 40 and beyond. In 1987, they accounted for 5,797 births. By 1992, the number mushroomed to 11,084. Many, like Merrie, build thriving careers before starting a family. Some travel or pursue other interests. Others are ambivalent about parenthood until a loudly ticking biological clock reminds them it's now or never.

Improved fertility treatments also contribute to the surge in midlife motherhood. Today, some women who have been trying to get pregnant for years can finally do so in their 40s.

More important, the medical profession has given this lifestyle choice its blessing. A generation ago, most doctors considered it risky to bear a first child after 35. Dozens of studies have since shown this just isn't the case.

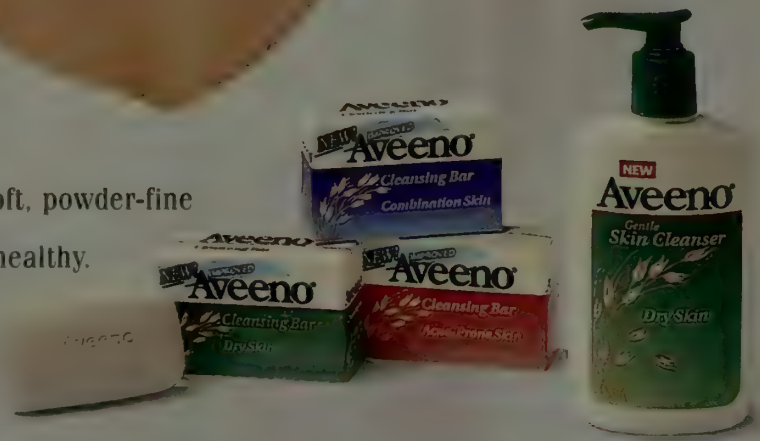
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These cleansing bars are different. *Really different.*
Because only Aveeno® has the nourishment of powder-soft, powder-fine
oatmeal to help your skin feel silky, clean, wonderfully healthy.
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dermatologist recommended for gentle cleansing.

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NEW Liquid Formula.

AVEENO® WITH OATMEAL

BREAKFAST FOR YOUR SKIN

family at 40

continued from page 56

A favorable prognosis. Once pregnancy is achieved, the news is good for moms-to-be over 40, according to Owen Montgomery, M.D., an obstetrician at Thomas Jefferson University Hospital in Philadelphia. The vast majority can look forward to delivering "fine, healthy babies," he says. "They should be optimistic."

Still, many older women fear they're treading in dangerous waters, says Sarah Kilpatrick, M.D., a specialist in maternal/fetal medicine at the University of California San Francisco Medical Center. "I spend most of my time convincing these women they're not high risk just because of their age."

It's true that women in their 40s face a slightly increased incidence of gestational diabetes and pregnancy-induced hypertension. But these problems can be offset with good medical care. First-time mothers over 40 also have a greater risk of preeclampsia, a serious but treatable condition. Preeclampsia is when a pregnant woman's blood pressure rises and she retains excess fluid in her body.

Older mothers must deal with a heightened chance of preterm labor, low birth-weight babies, and stillbirths. But medication and bed rest often can prevent premature labor. Expert neonatal care can save many infants born weeks too soon.

The chances of a traditional delivery also diminish some with age. Older women have more cesarean deliveries, but it's not clear if this is due to difficult labor or overly aggressive medical care. Most experts agree that C-sections are performed too frequently on women of all ages.

Many midlife moms, however, sail through pregnancy without any complaints. Gerri Marcantonio, who had a daughter at 41, recalls only a little queasiness during her first trimester. She vacationed in the Caribbean and took frequent walks to stay in shape. "I was feeling so good I was able to do pretty much anything I wanted," she says.

Today, many women over 40 are in excellent health, thanks to exercise and good nutrition. But, regardless of physical conditioning, all prospective mothers should be screened for problems such as diabetes and high blood pressure, which must be controlled before conception.

Becoming a parent. Often the biggest obstacle for 40-plus moms to overcome is the stereotype that they are driven career women used to being in control. Therefore, the thinking goes, they will have trouble adjusting to parenthood. Health professionals, however, say that's not so.

"I find absolutely the opposite," says Merle Bombardieri, a clinical social worker in Lexington, Mass., who counsels many midlife parents. "People in their 40s have patience, a sense of humor, and a lot of wisdom. They've had so many opportunities to cope with difficult or frustrating situations."

Conflicts between career and motherhood aren't likely to surface, says Bombardieri. People in this age group typically place family life ahead of achievement.

Nancy, the psychotherapist/administrator, quit her full-time job and 50-minute commute just before her daughter was born. She now plans to find a part-time position closer to her home outside Philadelphia. "I was really devoted to my work—it was the main focus of my life. I welcome having my daughter as an opportunity to claim more balance in my life."



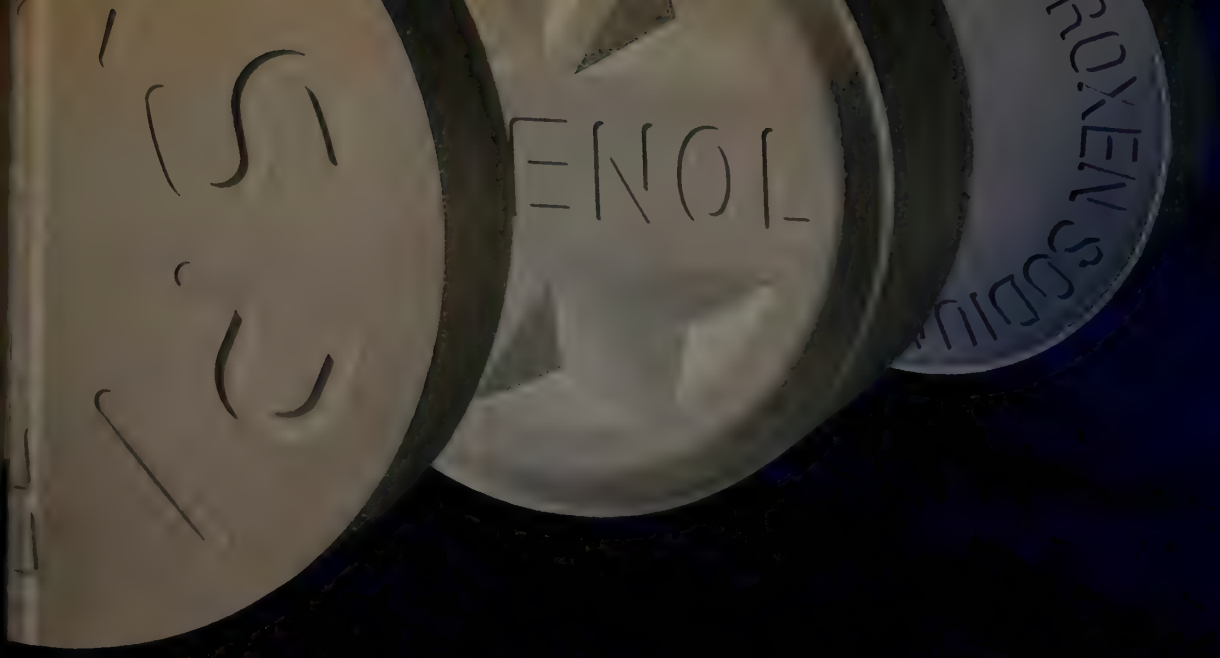
Gerri Marcantonio and daughter Emily

Gerri, 48, always put her passion for travel ahead of career. Before she married, at 38, she traveled extensively. Since her daughter's birth seven years ago, she's learned to quell her wanderlust. "Losing the freedom at an older age wasn't so bad because I had it so long," she says.

Not everyone, however, shifts gears once baby arrives. Merrie is still entrenched in her career. She's now president of a Dallas communications firm, which she started during her first pregnancy. Even delivery didn't slow Merrie down. With cellular phone in hand and epidural anesthesia in her spine, she negotiated an important business deal shortly before her second baby arrived. Recuperating in the hospital, she fielded calls from clients. Within two weeks she was back in the office.

Raising kids at 40-plus. While midlife moms may not have as much energy as parents half their age, they usually enjoy greater financial security. Often, the women and their partners have saved enough money to spend their child-rearing years in comfort.

continued on page 60



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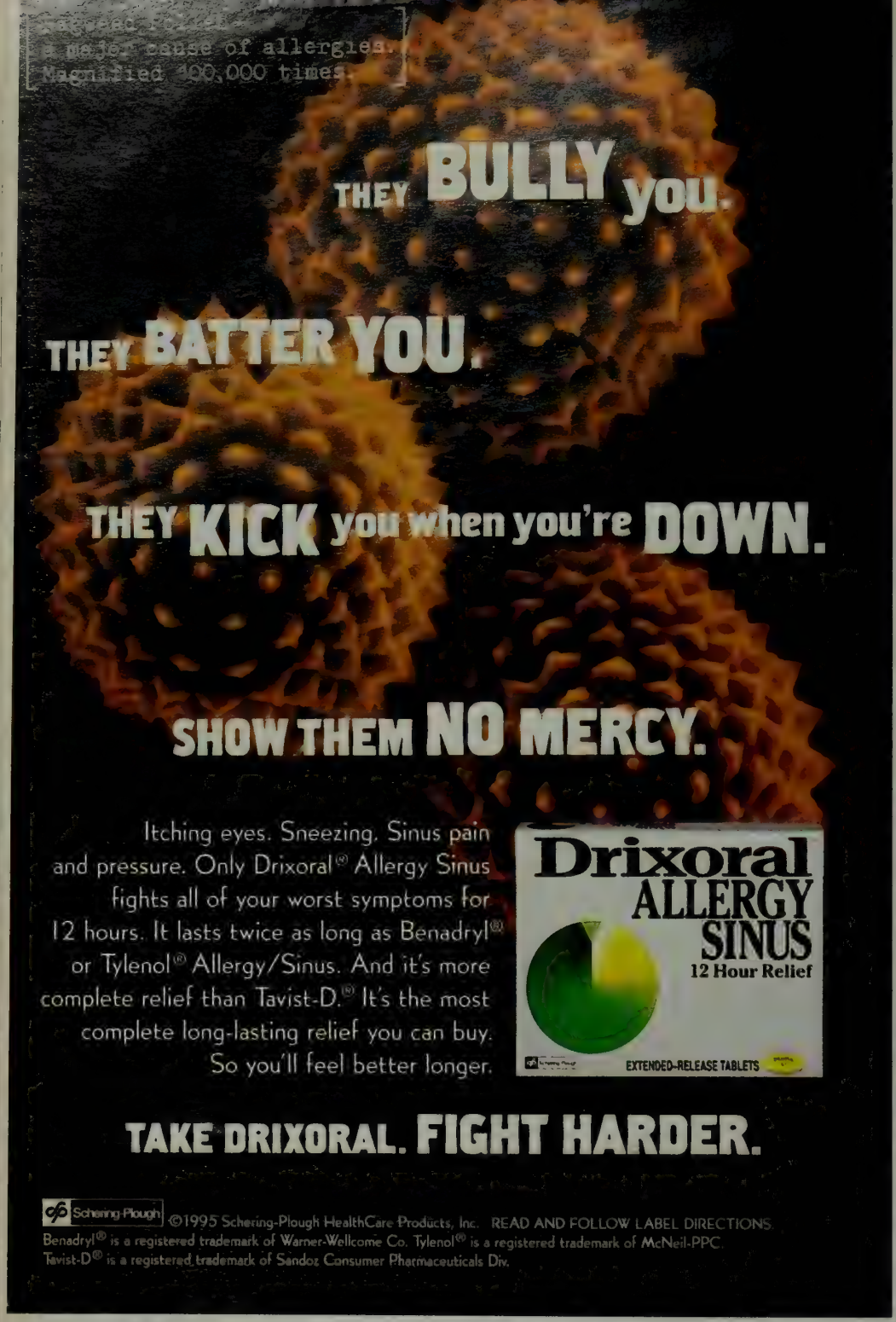
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family at 40

continued from page 58

Job flexibility is another often-cited bonus. As a company president, Merrie juggles her schedule to accommodate dentist appointments, birthday parties, and her son's soccer matches. If she's tired, she naps on an air mattress in her office.

Nancy's career as a pyschotherapist allows for part-time hours. "The flexibility is one reason I chose this profession," she says.

Many older mothers believe their age gives them an edge when it comes to parenting.

"In my 20s, I wasn't emotionally prepared to have a child," says Merrie. "I have a real strong bias you have to have your act together before having children." Gerri is thankful for a solid marriage, something she may not have found earlier. Her husband was 47 when their daughter was born. "When you're older there's a better chance you're with the right person," she says. "We had a good relationship before, but our daughter is the frosting on the cake."

There's no denying 40-something is decidedly middle-aged, a time people often come to grips with mortality. Many midlife moms, says Bombardieri, fear they won't see their children grow up. These women and their partners must also plan for old age before their children are fully independent. College costs often crop up around the same time as retirement.



Still, Bombardieri insists midlife parenthood has more benefits than drawbacks. "I think older mothers know that problems have solutions," she says. "So many things that look impossible can change."

Infertility problems. Despite her overwhelming enthusiasm for mature parents, Bombardieri has a word of warning. "I don't advocate people wait until their 40s to have a baby," she says. "Infertility problems are rampant in that age group."

Before she conceived, Merrie spent two frustrating years charting her temperature, buying ovulation kits, and waiting. San Francisco resident Carol Berghen battled infertility for five years before giving birth at 42. Knowing the grim statistics

Carol was despondent as her 40th birthday neared. "Living with infertility was incredibly depressing, like living in hell," she says.

Any women in their 40s pondering pregnancy ought to think fast, says Dr. Montgomery. If you don't conceive quickly, seek immediate help because fertility declines with age. A 40-year-old woman trying for her first baby has a 60 percent chance of conception within a year. Then, factoring in a heightened miscarriage rate, the odds of delivery shrink to about 45 percent. The likelihood of success continues to fall, says Dr. Montgomery. Pregnancy after 44 is rare, but not unheard of.

Reproductive medicine can sometimes help, although it's not highly effective in older patients. Even in vitro fertilization offers a "take-home baby" rate of only 8 percent for every single try for women in their early 40s.

PRENATAL TESTS FOR OLDER MOMS

The risk of certain birth defects rises with age, so prenatal testing is routinely offered to expectant mothers 35 and older. The chance of having a baby with a chromosome disorder is only 1 in 750 at 29. But by 40, the odds climb to 1 in 90.

Amniocentesis and chorionic villus sampling (CVS) can detect a wide range of chromosome defects, such as Down's syndrome. During amniocentesis, a doctor removes some amniotic fluid from the uterus. With CVS, doctors remove tiny pieces of the developing placenta.

These tests pose a small but real risk to the pregnancy, says James Norwood, M.D., an obstetrician at Baylor University Medical Center in Dallas. In experienced hands, the risk of miscarriage with amniocentesis is about 1 in 300. The odds are slightly higher with CVS. Neither test can screen for every possible birth defect, so there's no guarantee of a healthy baby.

"In one sense they ease the mind, in another sense they really complicate things," says Dr. Norwood. "It's not an easy decision for the patient after hearing the facts."

Sarah Kilpatrick, M.D., a specialist in maternal/fetal medicine at the University of California San Francisco Medical Center, estimates that 80 to 90 percent of her patients over 35 take advantage of these technologies. The risk to the pregnancy, she says, depends largely upon the experience level of the practitioner. She urges women considering prenatal testing, especially CVS, to find a center that performs these procedures regularly.



94 L&F Products

Crack the Code on Oils



PIERRE PAUL PARISEAU

In the "good old days," cooking oil was like laundry soap: You bought the one your mother swore by, not your doctor. Now it's vital to review health advice before making up your shopping list.

Today we've learned that our choice of cooking oil not only influences our recipes, but can double as a prescription for longer life and better health. Of course, we're eager to reap those benefits—if only we knew which bottle holds the magic potion. One study tells us tropical oils are forbidden fruit because they're high in saturated fats. Another report stresses the pluses of polyunsaturates. Several others show that monounsaturates monopolize the health benefits. Can we believe headlines proclaiming olive oil the dietary hero? To crack the code and learn which oils are best, read on.

YOUR COOKING OIL MIGHT ENHANCE YOUR HEALTH AND LEAD TO A LONGER LIFE.

CLARIFYING OIL LINGO

One fact remains a constant. All cooking oils are 100 percent fat—plain and simple. And most of us need to curb the total amount of fat in our diet. So with cooking oil, remember, less is more.

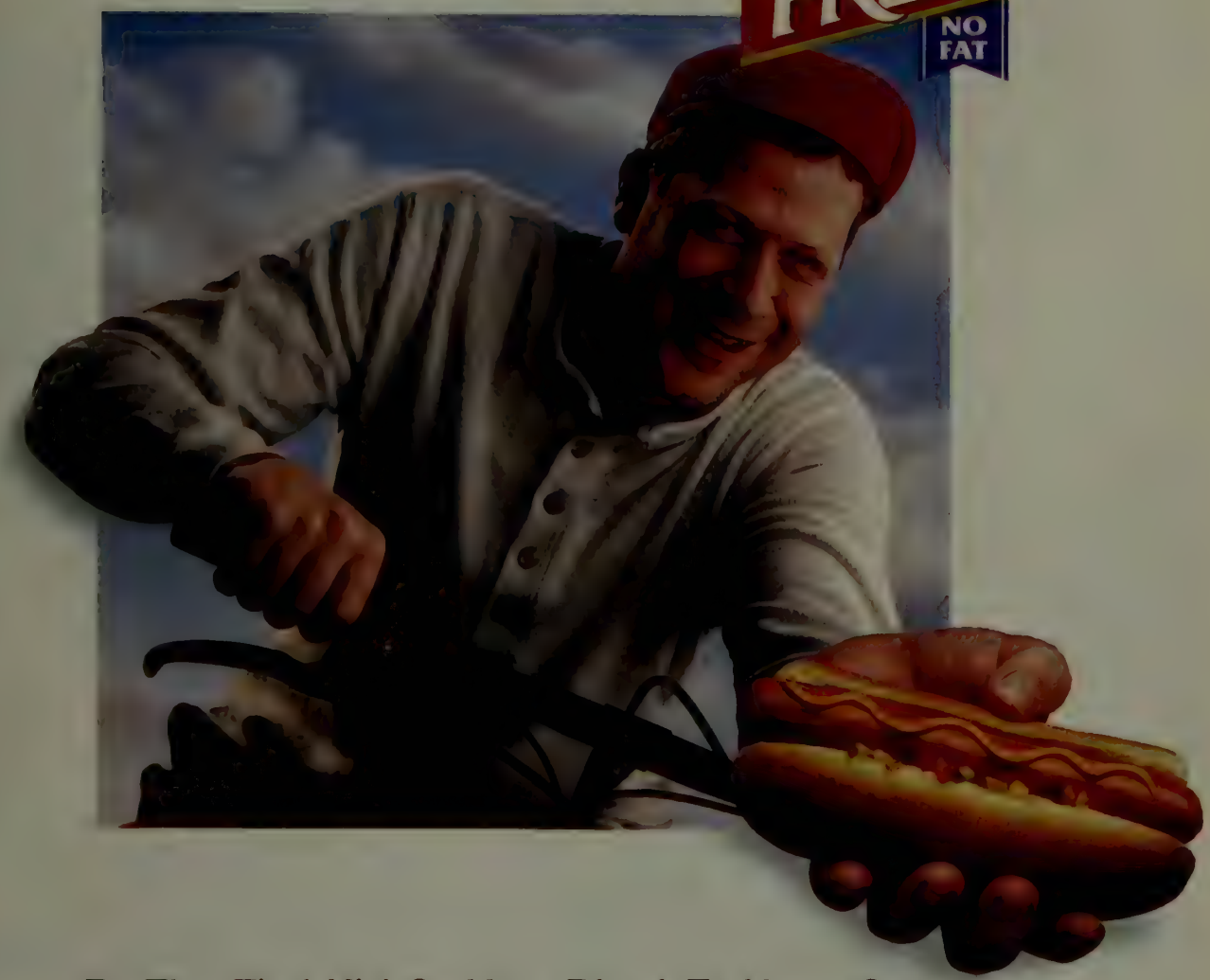
All vegetable oils we cook with contain a combination of saturated, monounsaturated, and polyunsaturated fats in varying proportions. In other words, there is no such thing as a saturated-fat-free oil or one containing only polyunsaturated or monounsaturated fat. Advertisements may boast that an oil contains no cholesterol. It's true. But it's not due to any new "miracle process"—it's been a fact of life forever. Vegetable oils contain no cholesterol because only foods from animals have cholesterol, not foods from plants. The dietary difference in cooking oils lies in the proportions each contains of the three basic types of fat.

Saturated fats: These fats, which are solid at room temperature, are considered the least desirable. Diets high in saturated fats can raise blood cholesterol above recommended levels. Health experts counsel adults to consume no more than 10 percent of total calories as saturated fat. The so-called tropical oils—coconut, palm, and palm kernel oils—are high in saturated fats.

Polyunsaturated and monounsaturated fats: Studies show that these two types of fats can lower blood cholesterol, especially when used to replace saturated fat.

continued on page 64

INTRODUCING Oscar Mayer FREE NO FAT



Be The First Kid On Your Block To Have One.

Hey, now you can eat what you love, and still be good. Because **Oscar Mayer FREE** hot dogs, bologna, turkey breast and chicken have no fat, and the taste that's positively Oscar Mayer.



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Good Food/Good Health

continued from page 62

Monounsaturated fats boast an added bonus—they maintain HDL (high density lipoprotein), the "good" cholesterol that helps prevent heart disease. But even though polyunsaturated and monounsaturated fats are considered more desirable choices, they, too, should be limited to no more than 10 percent of total calories. Vegetable oils high in polyunsaturated fat include safflower, corn, soybean, and sunflower oils. Olive, peanut, and canola oils are highest in monounsaturated fats.

DO THE DIFFERENCES ADD UP?

Safflower or corn oil? Sunflower vs. peanut? The bottom line is, the fat content differences between the poly- and monounsaturated oils probably are not sufficient to have any significant effect on your health in the long run. So your best bet is to use a variety of oils judiciously. When considering your options, keep in mind that canola oil is lowest in the saturated fat that clogs our arteries, while olive oil is highest in monounsaturates.

HEALTH CLAIMS ASIDE, ALL COOKING OILS ARE 100 PERCENT FAT AND A WHOPPING 120 CALORIES PER TABLESPOON.

AND NOW THE GOOD NEWS

Recently, research scientists became intrigued by data that indicated that people in the Mediterranean who grew up on the age-old diets of their forebears in Greece, southern Italy, and southern France tended to develop far less heart disease than their American peers. These folks weren't following the advice modern scientists have given, either. They smoked, they drank, and they consumed a notably higher percent of fat than is recommended in urbanized America. Yet they had little heart disease. What made the difference?

Americans eat about the same amount of fat as people in Mediterranean countries, but a higher proportion of this fat is saturated, consumed in meat and dairy products. But in those regions of the world, bread is dipped in olive oil, not spread with butter. Olive oil is the elixir of choice for their vegetable- and grain-rich dishes, and meats are served almost as garnishes.

Subsequent studies replacing saturated fat with monounsaturated fat performed by research teams in this country seemed to provide similar health benefits for modern Americans. As the results of these studies gain acceptance, olive oil is becoming the oil of choice in many kitchens. In fact, some enthusiastic cooks believe the more olive oil the better. But remember: Olive oil is pure fat, and while it seems to be an especially beneficial choice, particularly when called on to replace saturated fats, by itself it holds no magic cure for disease nor promise of longevity.

Palm oil, one of the notorious tropical oils, hit the most-unwanted list a few years back because of its high level of saturated fat. Nevertheless, the recently introduced red palm oil may be a candidate for rehabbing from villain into hero. In red palm oil there are antioxidants in the vitamin E family that work to forestall the buildup of LDL (low density lipoprotein), or "bad" cholesterol, in our arteries. But additional research must be completed before red palm oil is taken off probation and returned to polite society.

Tree nut oils, such as walnut, hazelnut, almond, and macadamia, and avocado oil contain high levels of monounsaturated fats, but these newly trendy oils are more expensive and are not as widely available as their peers.

DAILY FAT ALLOWANCE

Now that most foods in our supermarkets carry a clear, consistent nutrition label, gauging your fat intake is much easier. Check below to see which calorie level is most appropriate for your daily consumption. Then use the nutrition labels of your favorite foods to determine how your diet stacks up to what the health experts recommend.

DAILY CALORIES		TOTAL FAT (G)	SAT. FAT (G)
1500	(most women and older adults)	42–50	14–17
2000	(most men and active women)	55–67	18–22
2500	(active men and teens)	69–83	23–28



BOTTOM LINE: CUT THE FAT

More important than splitting hairs over the fat composition of vying vegetable oils is limiting total fat intake to no more than 25 to 30 percent of calories. No matter how favorable the profile, all cooking oils are 100 percent fat, with a whopping 120 calories per tablespoon. And research consistently shows that people who regularly consume high-fat, high-calorie diets are more prone to diseases such as heart disease, some kinds of cancer, diabetes in adults, and obesity.

The answer seems to lie not only in scrutinizing the fine print on labels at your supermarket and then choosing among the cooking oils that offer health benefits, but in using them sparingly—for, to paraphrase Gertrude Stein, a fat is a fat is a fat.

—with DeAnne Russell Hrabak, M.S., R.D.

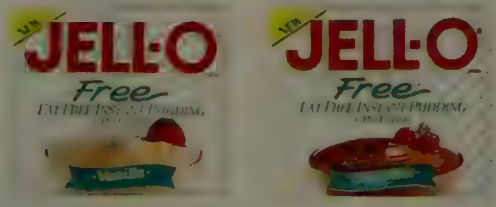
“Do you have any idea how much fat is in this creamy, chocolatey pudding?



© 1995 Kraft Foods, Inc.

None.”

Introducing
Fat Free Jell-O Pudding.



Dessert is back!
(And it's fat free.)

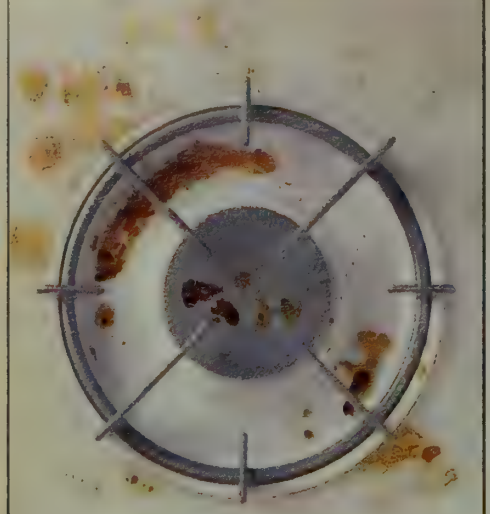


figure 1. BEFORE
Grease splatters onto stovetops and becomes a hard-to-remove problem.

No more leftovers.



figure 2. AFTER

Introducing Improved Comet Liquid Gel.

Comet Liquid Gel combines superior cleaning power to cut through tough, baked-on grease better than other gels and the effectiveness of Chlorinol to bleach away stubborn stains.

Comet

When others can't cut it, Comet can.

© 1995 P&G Co.

gardener's almanac

AUGUST 1995



Peony pleasure. Late summer marks the time for fresh starts from crowded peonies. Dividing peony clumps is easy; all you need are a digging spade or fork and a sharp knife. Lift plant crowns gently, shaking away excess soil. Look for swelling red growth buds, and cut the crown so each piece contains several buds. Plant crown sections only 1 or 2 inches deep and 8 inches apart. Divide other spring flowering perennials, such as bleeding-heart, dianthus, and lily-of-the-valley, in late summer or early fall.

TEST GARDEN TIP



Evergreen advice. "I'm a pruner," says our Test Gardener Phyllis Cole, shown at *left* trimming a little-leafed Japanese holly in her Massachusetts garden. She trims back new growth to keep the holly bushy and in tip-top shape. For a lovely evergreen garden, Phyllis suggests planting contrasting shrubs in the same bed, such as a low-growing holly with a taller Hinoki cypress and a spreading yew.



Patio makeover

Move your mealtimes into the great outdoors this summer by expanding your patio with an addition that's the perfect size for a table and chairs. This homeowner sacrificed some lawn space to set a terrace afloat in the backyard lawn and quickly rediscovered the joys of fresh-air entertaining. Oversized stepping-stones moor the new patio to the existing one, and flagstone accents echo the first patio's construction. Colorful plantings of annuals and perennials spill onto the edges of both patios, making every outdoor occasion feel like a garden party.



Shady nook. A good view deserves a good seat. Here, hanging from the arbor, a front-porch swing looks out toward a white birch and a garden pond. The swing offers soothing motion—a pleasure that benches can't match—and the arbor provides cool, green shade from vines that climb crossbars on the posts.

continued on page 69

—by Mark Kane and Julie A. Martens

Buying information, page 140

figure 1. BEFORE
Soap scum builds up over hard water stains creating hard-to-remove layers on shower walls.

Break down build-up.



figure 2. AFTER

Comet Bathroom Cleaner
Comet Bathroom Cleaner is best on soap scum and nothing's better on hard water stains.

Comet

When others can't cut it, Comet can.

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Pure, clear K-Y Jelly.
No better relief for the dry spells in your love lif



You're entitled to a pleasurable, satisfying sexual experience.

But dryness can interfere, so doctors recommend K-Y® Jelly, the moist and soothing lubrication that eliminates friction discomfort and helps protect you from irritation.

Water-based K-Y is clean-rinsing, so it won't remain on vaginal walls like petroleum jelly can.

And because it's from Johnson & Johnson, you can be confident about its purity and quality.

© OPC

continued from page 67



High-risers. Contrasts enliven the garden. In a bed of perennials, where most of the plants rise only ankle- to waist-high, be sure to include a few plants that reach eye level. They'll make dramatic accents and screen the view just enough to make your garden seem bigger than it is. Here, the accents are five-footers: purple loosestrife in the center and Russian sage at right. Loosestrife is banned in some states because it clogs waterways. Check before you plant.

READER SHOPPING

Low-Maintenance Gardens



Here's a book from *Better Homes and Gardens®* to help busy gardeners use time well. Hardcover, with 132 pages and lay-flat spiral binding, it offers low-maintenance designs, plants, and tips. To order with your Mastercard, Visa, or American Express card, call 800/881-4066. Or, send a $21.95 check to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9508, Des Moines, IA 50306-9128.



figure 1. BEFORE
Heavy build-up on barbecue grills is a combination of burnt grease fused with layered carbon.

Another job well done.



figure 2. AFTER

Introducing Comet Heavy Duty Cleanser.
When you have a job this tough, you need Comet Heavy Duty Cleanser. That's because Comet Heavy Duty has Perlite, a tough abrasive that can cut right through this mess, leaving you with a grill that's ready to cook, and another job well done.

Comet

When others can't cut it, Comet can.

©1995 P&G Co.



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Wait till you see our line of newly designed Kenmore washers.

Let's start with the moment you drop your clothes in. With the largest usable capacity of any washing machine, you're going to find yourself doing fewer loads. In fact, the average family does 100 fewer per year.

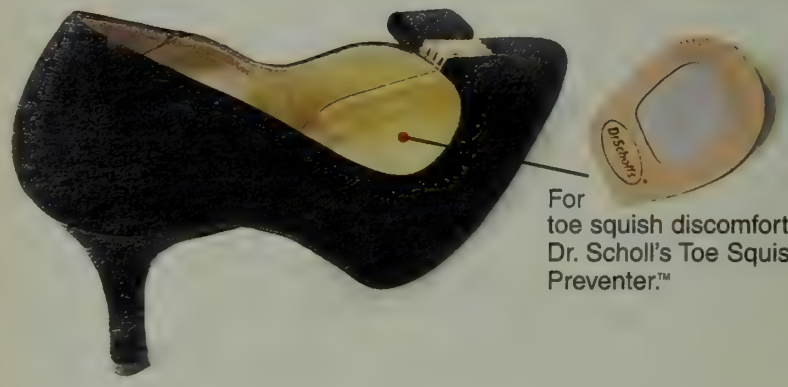
Then there's the triple dispenser that automatically adds detergent, bleach and fabric softener at just the right moment in the cycle. So you don't have to stand guard for fear of missing that critical timing.

Finally, we come to the Dual Agitator Plus System. Its combination of up-down and side-to-side motion ensures that whatever you're washing circulates throughout the entire machine. As if you were washing it all by itself.

All in all, it's the best laundry system there is. Shouldn't you consider the brand that's in more than one out of two homes in America?

THE INNOVATIVE SIDE OF **SEARS**

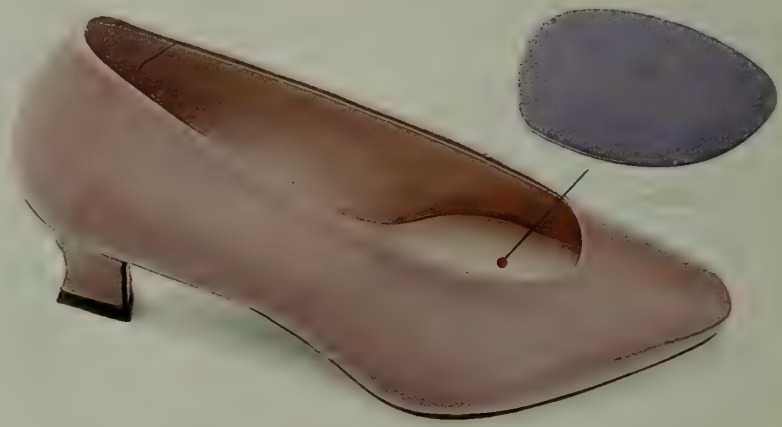
No matter where your shoes hur
Dr. Scholl's can help.



For toe squish discomfort, Dr. Scholl's Toe Squish Preventer.™



For everyday heel shock, Dr. Scholl's Heel Cushions.



For ball-of-foot pain, Dr. Scholl's Ultra Thin Half Insoles.



For heel slipping and hose snags, Dr. Scholl's Heel Liners.



For revolutionary cushioning and comfort, Dr. Scholl's Pump Leather Insoles.

Too often, the most beautiful shoes to look at are also the most painful to walk in. But with Dr. Scholl's® Women's Insoles and Accessories, you can give your shoes a perfect fit from heel to toe. Wherever it hurts, now you can customize your shoes to *all* of the unique contours of your foot, and make your shoes feel every bit as good as they look.



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Make life in your shoes more comfortab

Schering-Plough ©1995, Schering-Plough HealthCare Products, Inc.

by Mark Kane

carefree beds



A BUSY FAMILY ENJOYS THREE SEASONS OF COLOR FROM BEDS THAT REDUCE MAINTENANCE WITH MULCH AND CLOSELY SPACED PLANTS.



When Tad and Kay Anderson bought their house seven years ago, the yard offered little more than a few trees and a lawn. Their goal: three seasons of color and texture in a natural-looking, low-care landscape. Their solution: richly planted beds set on the property lines, against the house, and under the trees.

For nonstop interest, the beds mix annuals, perennials, and shrubs. *Above,* the budding white flowers of Pee Gee hydrangea peek through the striped perennial grass Miscanthus zebrinus. In front, New Guinea impatiens bloom with pink flowers amid the thick leaves of bergenia, an evergreen ground cover.

continued on page 74



e a r e f r e e b e d s

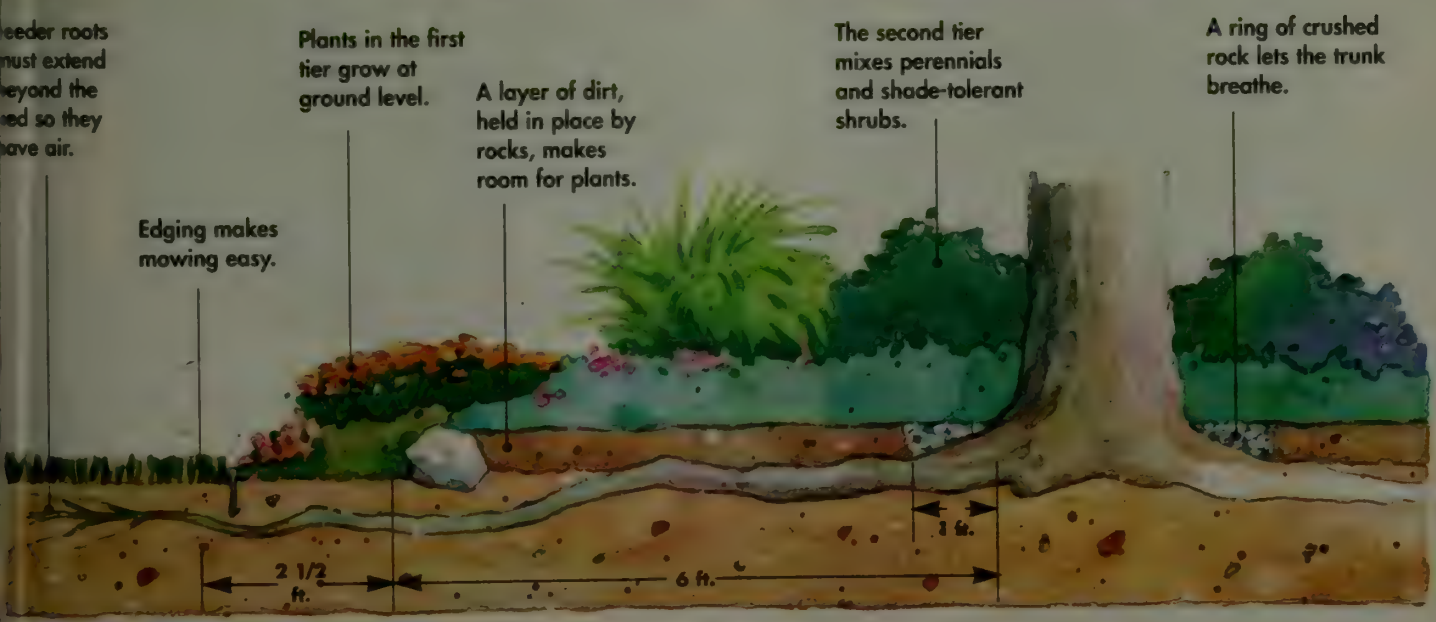
The Andersons inherited an eyesore in the front yard. The elm by the door, *above*, cast enough shade to make the lawn threadbare, and its main roots poked above ground. Instead of struggling to make grass grow in the shade, the Andersons decided to erase the bare dirt and exposed roots by surrounding the tree with a bed.

The challenge was to grow new plants without disturbing the elm. Tad spread dirt 12 inches deep and held it in place with rocks. Because mowing next to the rocks would have been bothersome, Tad circled them with a ground-level bed and installed edging, see illustration *right*.

Tad has two cautions about beds around trees. First spread crushed rock around the trunk to let the tree breathe. Second, make sure the tree is at least 20 years old and big enough to have feeder roots far beyond the bed. Otherwise, the dirt in the bed will smother them.

continued on page 7

Perennials and shrubs fill a lush bed under the shade tree, lending color and interest to the front of the house. A 12-inch-deep layer of dirt and a collar of stones (*see drawing below*) made room for the bed and protected the tree.



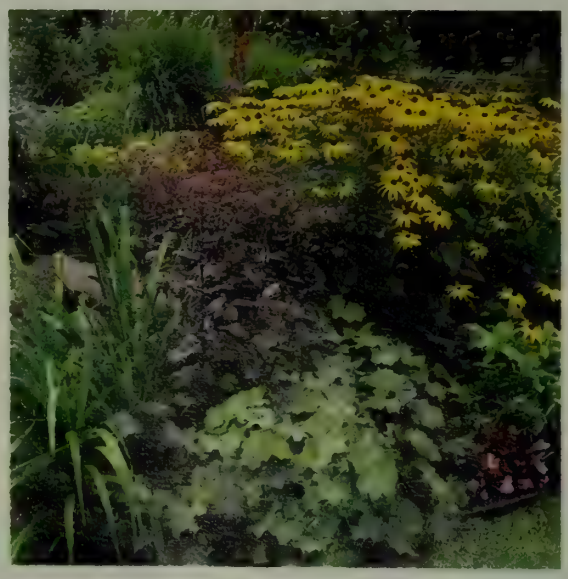
carefree beds



An eye-catching combination of leaves offers three-seasons of interest. The tuft of blue fescue arches over a hosta with yellow and green leaves. The dark juniper and spruce provide a prickly contrast with the cabbagy leaves of bergenia.



Perennials planted in drifts yield sweeps of color. Blue Russian sage leans over the gold daisies of rudbeckia Goldsturm, a black-eyed Susan that blooms for months. Pennisetum, an ornamental grass, waves a fountain of seed stalks in back.

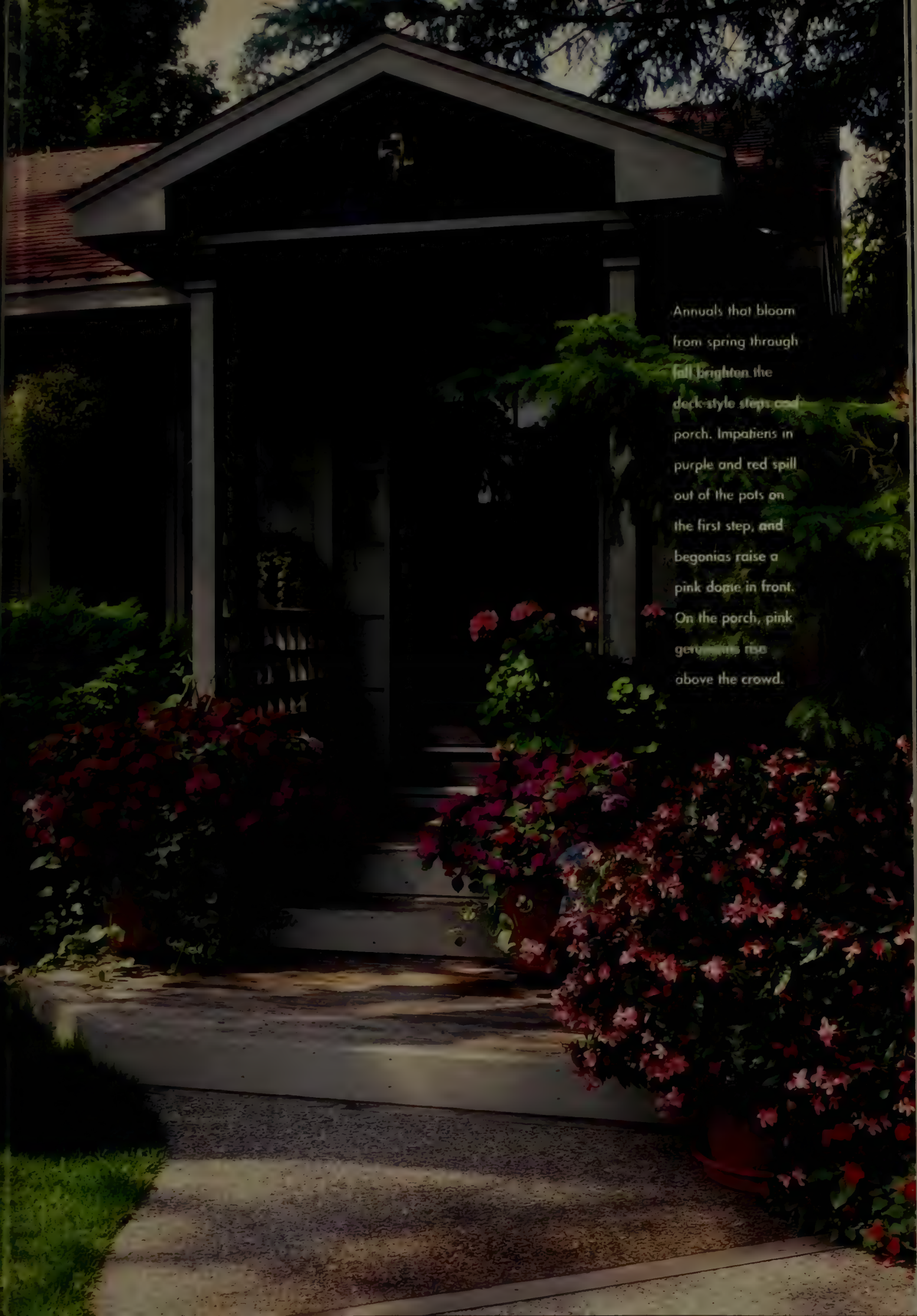


From low to high, the bed rises in tiers so every plant shows well. Rain gleams on the toothy, pale-green leaves of lady's-mantle, and begonia flowers nestle under a row of marigolds. A tall sedum raises purple leaves beside a drift of black-eyed Susan.



Annuals mix with perennials to keep the bed in flower. In front of the creeping juniper, a drift of the perennial sedum Autumn Joy shows a trace of pink on its broccoli-like flower heads. Two annuals—zinnias and begonias—raise a pink echo.

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Annuals that bloom from spring through fall brighten the deck-style steps and porch. Impatiens in purple and red spill out of the pots on the first step, and begonias raise a pink dome in front. On the porch, pink geraniums rise above the crowd.



Kay spreads shredded bark on a new shade bed in the backyard. Maintaining a two- to three-inch layer of mulch from the start drastically reduces the time she spends weeding and watering all the beds in the landscape.

Because they have to budget their time during the growing season—they're parents and busy landscape designers—the Andersons have whittled down the care that their landscape needs. They mow less because beds have replaced much of the lawn. Edging keeps grass from creeping into the beds. With plants set close together at the start, beds fill in fast. "It does involve dividing sooner," Kay says, "but you'll have a lot less weeding." Finally, the Andersons discourage weeds by spreading mulch on new beds, *above*, and renewing the mulch every second or third year. Now, watering, fertilizing, and picking off old flowers are enough to keep the garden at its best.

Better Homes and Gardens® *offers more tips on care in the book* Low-Maintenance Gardening. *To order; see page 69.*

by Steve Cooper



a gathering place

KITCHENS ARE THE HEART OF THE HOME, WHETHER COMPANY IS COMING OR IT'S GOING TO BE A FAMILY EVENING.

Good friends always seem to congregate around a good cook. So Cathy Troyak was frustrated with a kitchen that was cramped, isolated, and uninviting to guests.

"I like to cook and I wanted everyone with me," she says. Living with a tiny kitchen for 18 years was enough.

Cathy and her husband, Skip, called in remodeling contractors to shape a new heart for the couple's lakeside residence in Excelsior, Minnesota. A 500-square-foot keeping room replaced the original kitchen, allowing ample space for a casual family area and a fully equipped, L-shaped kitchen. Central to the addition's layout is an island marking the boundary between the kitchen and the family room. It gives the Troyaks a spot for preparing meals or sitting down for casual breakfasts or snacks. Cathy also included a bookcase in the island's design so she always has recipes at hand when planning dinner.

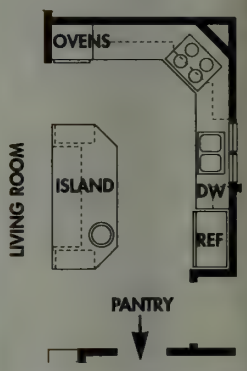
continued on page Z2

a gathering place

continued from page Z1



Cathy Troyak assembled the three-lamp brass fixture, *left,* from spare parts she found while rummaging through an antique lighting shop basement. Recessed ceiling fixtures provide most of the light for cooking.



A major addition made space for the keeping room kitchen, *above.*

Cathy had a strong sense about how she wanted her kitchen organized. She included four pull-out wicker baskets for dry goods storage near the sink. A baking center was conveniently positioned between the cooktop and wall ovens. A bar sink was included on the island.

"Having cooked for 30 years, I knew where I needed everything—that was the easy part. It was probably more difficult choosing surface materials," she says.

Glossy white ceramic tiles gave most counters the crisp look Cathy wanted. But for the island, she chose butcher block to give her kitchen utility and a serious cook's ambience. The one-inch maple slab was edged with four-inch boards so it looks impressively thick.

Now friends and family can gather around Cathy to applaud (and snack) in a special gathering place.



There was a time when all homes had slide-out cutting boards. Though handy, they were often flimsy. Cathy beefed up hers, *above* with a hefty maple butcher block and heavy-duty hardware.



It's the Four Wheeler of the Year. (In some places, it's the only vehicle of the year.)

The Discovery from Land Rover has made it to yet another one of those incredibly hard-to-reach places.

First place.

After *Four Wheeler* magazine tested it both on and off road, along with a number of other top new sport utility vehicles, the Discovery won the illustrious title of Four Wheeler of the Year.

It was also selected by *Automobile Magazine* as the All-Star Sport Utility. And it even appeared in *Popular Science* as the Best of What's New.

Of course, such praise isn't too surprising for a 4x4 with all-terrain ABS, permanent four-wheel drive, standard dual airbags, and an astounding ability to handle the farthest-flung corners of the planet.

Not to mention six children.

Why not call 1-800-FINE 4WD for the nearest dealer? Despite all the fame and recognition, the Discovery is still most reasonably priced at $29,950.*

As the acclaim it's been getting shows, it's undoubtedly ahead of the competition.

And not just in places where there isn't any.

LAND ROVER DISCOVERY $29,950*

Always wear your seatbelts. SRS/airbags alone do not provide sufficient protection.

by Steven Greenhut



grand central kitchen

THE HUB OF THE MCFADDENS' EVERYDAY LIVES, THIS SUNNY KITCHEN SIMPLY BUSTLES WITH STYLE AND EXCITEMENT.

Morning or evening, this brand-new kitchen handles family rush hours with efficiency and grace. Tired of living with a long, crowded kitchen that was inconveniently located, Barbara and Dennis McFadden did more than refurbish the finishes—they changed their floor plan so that the kitchen would become the centerpiece. All the main living spaces now radiate from it. Instead of waiting in line to enter the narrow kitchen corridor, each family member can effortlessly cruise into the kitchen from any part of the main floor, then stroll back out again without getting in anybody's way. Architect Paul Buum created a large central hallway that opens wide from the living and dining rooms into the cooking area, while the kitchen itself sports a flowing plan that includes an open bar area facing the dining room. A large center island accommodates food preparation as well as a sitting area, and the

continued on page Z



TIME FLIES WHEN YOU'RE CAUGHT UP IN THE SUSPENSE OF A MYSTERY NOVEL, rolls back with the fond memories in a photo album, and sometimes stands still in the luxury of a quiet room. For these respites, we present our Plaza Chair and Ottoman. A classic pair created for time travel and other pleasant distractions.

Pier 1 imports®
for a change

Plaza Collection: Armchair with pad, $335. Ottoman with pad, $205. Other pieces available. For the store location nearest you, call 1-800-447-4371.

grand central kitchen

continued from page Z4

work triangle is an exercise in thoughtful planning. Along the cooking area's U-shape, the homeowners installed an abundance of stylish cabinetry. The sink, spotted in the center of the U, is just steps away from the refrigerator and an appliance garage on one side, and the dishwasher, microwave, and cooktop on the other.

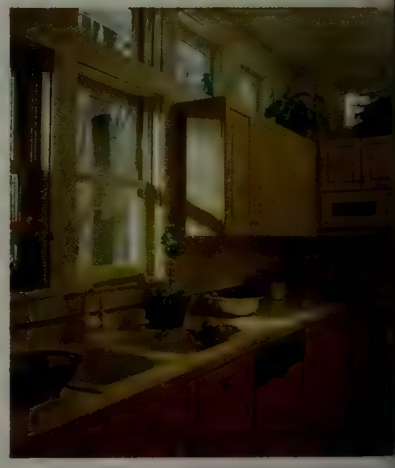
Advance planning is why this kitchen works so well. After Buum presented the McFaddens with a preliminary kitchen design, "We stared at it, imagined it and walked back and forth through the old space trying to visualize what the kitchen would be like," Dennis explains. "Not until we were completely satisfied in our minds did we break ground."

The kitchen doesn't simply function well, it feels downright wonderful thanks to an abundance of daylight. To invite all that sun inside, Buum popped the ceiling up an extra foot, and lined the walls with fixed glass transoms. "This kitchen glows," Barbara says. "The sense of light draws you into the space."

Light cabinetry, white tile and appliances, and natural oak floors enhance the kitchen's sunny appeal. Two simple, classic columns—which offer structural support—add a sense of symmetry to the room. They also frame luscious views out the over-sink window.



The eating nook is nestled under a row of windows between the kitchen and the family room. Small glass-front upper cabinets, which open from either the kitchen or eating nook side, combine extra storage and openness.



A row of transoms and two over-sink windows channel sunlight into the workspace. Bright and cheery finishes create a lighter-than-air quality that makes this kitchen a pleasure to cook in.

IF YOU'VE ALWAYS BELIEVED THERE WAS SOMETHING BETTER ABOUT AMANA WASHERS AND DRYERS, WE HAVE A LITTLE SURPRISE FOR YOU. SUBSTANTIATION.



It's true. There are some things about Amana washers and dryers that are just plain better.

They feature stainless steel tubs and drums that won't peel, chip, crack or rust. In fact, they get smoother with age. Translation: your clothes won't snag or fray.



Of course, any washing machine can wash clothes. But how well? Amana washers have something no other washing machine has. A curved flex vane agitator that rotates a full 210 degrees for superior washing action, top-to-bottom and side-to-side. Result: cleaner clothes every time.

So, yes, you were right about Amana. Feel free to gloat. But don't forget to call 1-800-843-0304 for the Amana dealer nearest you.

Taking A Difference

Amana

by Steven Greenhut



room with a view

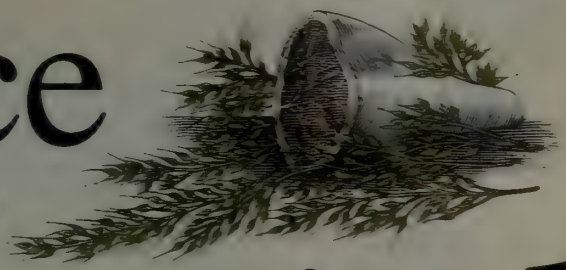
IT'S TRICKY, BUT NOT MAGIC—THE LARGE-SCREEN TELEVISION IN THIS COMFORTABLE DEN ELECTRONICALLY RETRACTS INTO THE CEILING.



When you want to settle back to watch a good movie, there's nothing like a large-screen television. But when you're in the mood for a warm fire and some quiet conversation, who wants to stare at an oversize picture tube? This den solves such a typical problem in an innovative way. An electronically controlled picture screen scrolls down from the ceiling when you're ready to watch Clint Eastwood or Katharine Hepburn. A projection television unit built into the ceiling transmits the picture. Because the ceiling is nine feet high, the drywall encasement for the projector doesn't crowd the room. Stereo equipment and other electronic gear are stored behind the white laminate cabinetry that surrounds the fireplace. Four speakers—wired into the television and stereo—are built into the cabinetry's geometric grid. By substituting touch latches for handles, the homeowners created what looks like a seamless wall unit. Floor-to-ceiling fixed glass windows, which peer out over a private wooded setting, flank the media cabinetry. Crisp white walls, natural oak floors, and contemporary leather and steel furnishings offer a comfortable, yet high-tech atmosphere.

Purina O.N.E. Created A

Lamb & Rice



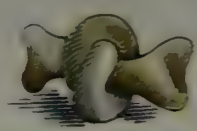
Formula For A Puppy's



In its first year, a puppy can grow up 10 times faster than a human.

Special Nutritional Needs.

And If A Puppy's Needs Aren't Special, I Don't Know What Is."



—Robert Urich

A puppy grows so quickly, and needs so much nutrition, it's not smart to feed him just any dog food. That's why there's Purina O.N.E.® Brand Lamb & Rice Formula for Puppies. The only dry puppy food in your grocery store with real lamb as its first ingredient.

Lamb provides high-quality protein. Brewers rice is highly digestible. And essential fatty acids help give your puppy a healthy, shiny coat. All of which, combined with other high-quality ingredients, give growing puppies the extra nutrition they need.

A great dog begins as a great puppy. But a great puppy needs a great diet. And for optimal nutrition, there's nothing better than Purina O.N.E. Lamb & Rice Formula for Puppies. For a free sample, call 1-800-787-0078, extension 440.



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PURINA O·N·E® SECOND TO NONE™

by Steve Cooper



timeless pleasures

THANKFULLY THERE'S STILL A PLACE IN THIS WORLD FOR SLOW STROKES WITH A SOFT BRUSH, AN UNHURRIED SOAK, AND BUBBLES.

Turn down the stress for a while and relax in a bathroom that defies the clock. This bathroom recalls the Victorian period with such details as crown molding accents, warm plank paneling, an intricate ceramic tile design, an elegantly arcing tub faucet, and an inviting oval tub. But it's a bathroom as modern as tomorrow.

The vanity-built-for-two has recessed panel styling an simple brass knobs to give it vintage appeal. The loc masks a modern idea—the vanity has been raised from th standard 30 inches up to 36 inches. This design eliminate uncomfortable stretching and bending for taller-than average homeowners. Lighting fixtures were chosen fo

continued on page Z1



LIFE WITH LENOX

7 Pounds, 8 Ounces

"I know you'll think I'm partial," my mother said, "but this really is the most beautiful baby."

"You're not being partial.
She is the most beautiful baby."

"Being a mother is pretty incredible, isn't it?"

"It's...I don't know.
Joyous. Tender. Exciting. Scary.
That's why your gift is so perfect.
It says everything."

*"I thought so.
Now, is there anything else you need?"*

"Well, a good night's sleep would be nice."



For years, Lenox gifts have been cherished and collected. In fact, no matter what the occasion, Lenox is always appreciated. Perhaps because a Lenox gift is as personal and loving as your feelings. Here our China Jewels™ Quiet Times Figurine, China Bears Heirloom Collection™ Frame and Jacquard Collection™ Dish. For further information, call: 1-800-63-LENOX.

timeless pleasures

continued from page Z10



Allowing the jetted tub's front panel to follow the rim's slight curve keeps this bathroom from being an overly rigid, boxy design. This type of tub needs a wide surround to make room for the pumps and water hoses.

their Victorian styling, though there is nothing antiquated about their performance. A trio of vanity mirrors also fulfill modern grooming needs without adding the cost or distortion of turn-of-the-century glass.

At the end of hard workdays, the homeowners will enjoy soothing massages in the jetted tub. The contemporary appearance of this luxury item has been muted with hints of historic style. While most such tubs today are surrounded by painted drywall or an elaborate tile treatment, bathers here are sheltered by finely crafted woodwork. For practicality, the tub is flanked by floor-to-ceiling linen storage with deep drawers and enclosed shelving.

No one ever said, "I'd hate to meet him in a light alley."

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Buying Guide

Most of the products shown editorially in the Special Section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

A GATHERING PLACE

Pages Z1–Z2: cabinets—Anderson Millwork Co., 925 Excelsior Ave., Hopkins, MN 55343. **Refrigerator, ovens, and dishwasher**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022, 800/422-1230. **Sinks**—Kohler Co., Kohler, WI 53044. **Main faucet**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Island faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 800/323-9660. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Tile backsplash and counters**, (Frost White)—Summitville Tile, Inc., P.O. Box 73, Summitville, OH 43962. **Cooktop**—Viking Range Corp., P.O. Drawer 956, 111 Front St., Greenwood, MS 38930.

GRAND CENTRAL KITCHEN

Pages Z4-Z6: windows—Marvin Windows & Doors P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Cabinets**—Choice Wood Co., 2828 Harriet Ave. S., Minneapolis, MN 55408. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Faucet**—Grohe America, 241 Covington Dr., Bloomingdale, IL 60108; 800/323-9660. **Sink**—Kohler Co., Kohler, WI 53044. **Microwave oven**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000.

ROOM WITH A VIEW

Pages Z8: projection television—Zenith Electronics, 1000 N. Milwaukee, Glenview, IL 60025-2493. **Retractable screen**—Da-Lite Screen, 3100 N. Detroit St., P.O. Box 137, Warsaw, IN 46581. **Custom television and stereo system design**—Stogdills Custom Services, 4908 Franklin Ave., Des Moines, IA 50310. **Sofas**—Roche-Bobois, 183 Madison Ave., New York, NY 10016.

TIMELESS PLEASURES

Pages Z10-Z12: faucet, sink, tub, toilet—Kohler Co., Kohler, WI 53044. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128.

NEW-ANGLED KITCHEN

Pages Z14-Z16: refrigerator—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Microwave oven**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Windows**—Marvin Windows and Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Solid-surface counters**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702. **Island counter**—(Emerald Pearl Granite) Drake Marble Co., 60 E. Plato Blvd., St. Paul, MN 55107. **Cabinets**—Anderson Millwork Co., 925 Excelsior Ave., Hopkins, MN 55343. **Warming oven**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Bar sink**—Franke, Inc., Kitchen Systems Div., 212 Church Rd., North Wales, PA 19454; 800/626-5771. **Bar faucet**—The Chicago Faucet Co., 2100 S. Clearwater Dr., Des Plaines, IL 60018-5999.

SERVING TWO COOKS

Pages Z17-Z18: ovens and dishwasher—Miele Appliances, Inc., 22D Worlds Fair Dr., Somerset, NJ 08873. **Freezer and refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Cooktop**—Gaggenau USA Corp., 425 University Ave., Norwood, MA 02062. **Faucets**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521; 800/635-7500. **Cabinets**—SieMatic Corp., 886 Town Center Dr., Langhorne, PA 19047; 800/765-5266. **Windows**—Pella Windows & Doors, 102 Main St., Pella, IA 50219. **Sconces and light**—George Kovacs Inc., 6725 Otto Rd., Glendale, NY 11385. **Glasses**—Pier I Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Stools, table, chairs**—Ello Furniture Mfg. Co., 1034 Elm St., Rockford, IL 61102.

NESTING IN STYLE

Pages Z20-Z24: glass block—Pittsburgh Corning, 800 Presque Isle Dr., Pittsburgh, PA 15239; 800/992-5769. **Tile**—Dal-Tile Corp., 7834 Hawn Fwy., Dallas, TX 75217; 800/933-8453. **Faucets**—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280. **Countertops**—Wilsonart Laminate, Ralph Wilson Plastics Co., 600 General Bruce Dr., Temple, TX 76503-6110. **Sinks**—Kohler Co., Kohler, WI 53044. **Lighting**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007.

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by Steven Greenhut



new-angled kitchen

FORGET STRAIGHT LINES AND NINETY DEGREE ANGLES. THESE HOMEOWNERS THREW THEIR KITCHEN A CURVE.

Why be square? When it comes to kitchen design, don't be afraid of a curve or two. An arching approach let homeowners Nancy and Dave Bergerson fulfill every wish on their kitchen design list without having to expand the space. After gutting the kitchen in their vintage farmhouse, the Bergersons developed a simple but effective floor plan that features a small island as the working hub in a nearly circular design. Kitchen cabinetry and appliances radiate around the room's curving perimeter. Because of this shapely arrangement, no part of the kitchen is more than a few steps from the island. In a standard rectangular kitchen, by contrast, some areas can seem like they're miles from the heart of the room. This curvy kitchen also eliminates those hard-to-maneuver corners where cabinetry and appliances are apt to open into each other. This radiating design is particularly well-

continued on page Z16

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new angled kitchen

continued from page Z14

suited to the couple's frequent dinner parties. The gently curved floor plan moves guests into the bar or buffet line, then out to the adjacent family room and dining area with agility and ease.

"There was nothing practical or functional about the original kitchen," Nancy says. It's astounding, then, to realize how many features the couple incorporated into this kitchen without adding on or rearranging the interior walls. The key was the creation of several distinct work centers.

These centers include the sink area, which is nestled below four newly added rectangular casements; a cooking center topped by a cabinet-encased range hood; a snack spot with a microwave and undercounter warming oven; a bar area with a small sink and liquor cabinet; and a built-in buffet that's just a short reach from the breakfast table.

Simple, Shaker-style, recessed-panel cabinets—washed in a soft green hue—add originality without overwhelming your senses. Granite, oak, and ceramic finishes naturally accentuate the atypical color.



Rows of Craftsman-style green-washed cabinets line the kitchen's curvy plan. The center island is easily accessible from all work areas.



Designing a variety of individual work areas—such as this convenient snack center—enhances comfort and efficiency.



Black granite counters give the built-in bar area a classic style. Star-shaped mullions—echoing those found in this home's original windows—grace the glass-front upper cabinets.



A lot of people said the minivan just couldn't get any better.

(We took that as a challenge.)



In redesigning the new Plymouth Grand Voyager, we followed one simple rule: Make it absolutely, positively, as good as it can be. Then make it better. (Redundant maybe, but it makes for a great minivan.) From increased visibility to bench seats that fold flat* so you can carry a 4' x 8' sheet of plywood with the seats in and the liftgate closed, it's not just a new minivan; it's the next generation of the minivan.

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Second door on the right. Take a walk around to the driver's side of the all-new Plymouth Grand Voyager, and what you'll find is an industry exclusive: an available second sliding door. Now getting in and out of our minivan is easier than ever. And just wait 'til you see what's behind door number two.



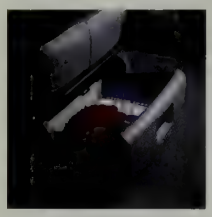
Front cup holders adjust to accommodate everything from a four-ounce baby bottle to a full one-liter jug; they even hold juice boxes and coffee cups with handles. Interior volume is increased, giving it more passenger and cargo space than in any other minivan. ABS is standard. We also reduced the turning circle by over three feet. The question isn't what's new—but what isn't?



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Can you spot the tissue box, the pacifier, the baseball glove, Fido's chew toy and the map of Colorado? One thing you won't have trouble finding in the new Plymouth Grand Voyager is storage space. Underneath the rear armrests, for example, are two huge storage bins. Tucked neatly beneath the front passenger seat is an available drawer with its own lock. A center



console offers a slide-away coin holder, a cubbyhole, and a compartment for storing stuff like CDs and cassettes. Also available is an overhead console with a place for both sunglasses and garage door opener. There are more storage bins, cubbyholes, drawers, pockets and just plain old places to hide things away than ever before. And that doesn't even include the glove box (which, by the way, is where you'll find the pacifier).

For more information about the all-new Plymouth Grand Voyager, call 1-800-PLYMOUTH, or see your local Chrysler and Plymouth dealer. They'll be happy to show you everything you don't see here.

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by Steve Cooper



serving two cooks

THERE'S MORE TO DESIGNING A KITCHEN FOR A PAIR OF CHEFS THAN SIMPLY DOUBLING THE NUMBER OF SINKS.

Trisha Crafts' glazed lamb is heavenly. Her husband, Doug, does a terrific Northern Italian pasta. But there's more to dinner than an entrée, so the Crafts take turns whipping up the side dishes. Given this appetite for elbowroom, they decided to create a kitchen for two when planning their new Atlanta, Georgia, home.

The kitchen's stylish design recipe includes tantalizing ingredients. For serious cooking, there is a six-burner cooktop, a pair of convection wall ovens, a pair of silent-running dishwashers, and separate, matching refrigerator and freezer. The cool commercial look of these stainless steel appliances provides tasty contrast to black granite counters and cabinetry finished in black lacquer and wood veneer. It's a slightly exotic, contemporary blend.

Floating in this sea of rich materials is an island topped with more granite and steel. The island has been installed

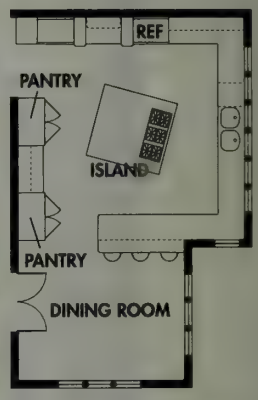
continued on page Z18

serving two cooks

continued from page Z17



Each module on the island's six-burner cooktop, *left*, is covered with a stainless steel hatch. The wet bar opposite the island was backed with a sheet of steel to match the separate refrigerator and freezer doors.



The skewed positioning of the island is an unexpected twist, *above*.

at an angle to the walls. This skewed position is an architectural signature of the home. A breezeway and the garage are similarly positioned slightly off-square with the rest of the house. The angle effect continues on the kitchen's slate floor where the tile grid follows the island's lines rather than the square of the room. Also skewed is an overhead housing for recessed lighting above the island. Designers call the housing "the pyramid" for its shape.

Trisha is particularly pleased with the kitchen's clean look—thanks to its bounteous storage options. A pair of floor-to-ceiling pantries are twin towers of convenience. A pull-out mixer stand is tucked into the island. Trash receptacles slide away. There are special places for baking equipment, various cooking tools, and silverware.

And, of course, plenty of room for two.



Walls of windows in the Crafts' eating area open up views toward the lake, *above*. Slate floor tiles were selected to add texture and muted color to a kitchen stocked with slick, high-gloss materials.

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by Steve Cooper



nesting in style

To some, sophistication is a reflection of dollars and cents. But here's true luxury: it's about light, space, and detail.

There's nothing empty about the nest Jane and Wayne Garlock built while planning their retirement on Florida's Gulf coast. The master bathroom displays a stylish vitality that washes away all thoughts of emptiness.

Collaborating with an architect and interior designer, the couple picked a sprig of an idea here and a twig of an idea there while piecing together a bathroom they both enjoy. Designer Renee Foret says, "The room is like a combination of Jane and Wayne."

Jane contributed her love for Southwest style, which became the subtle underlying touchstone of the room's design. There are whispers of Santa Fe in the gently

continued on page Z24

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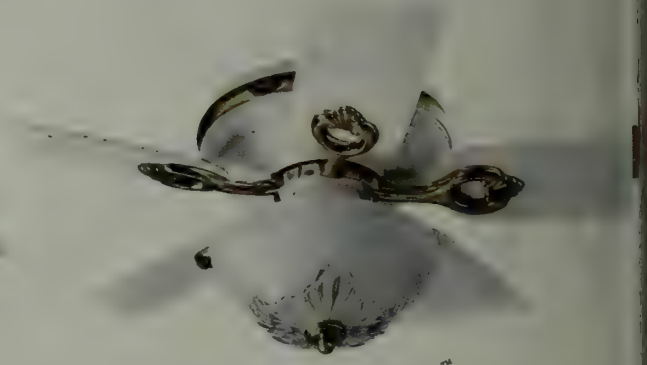
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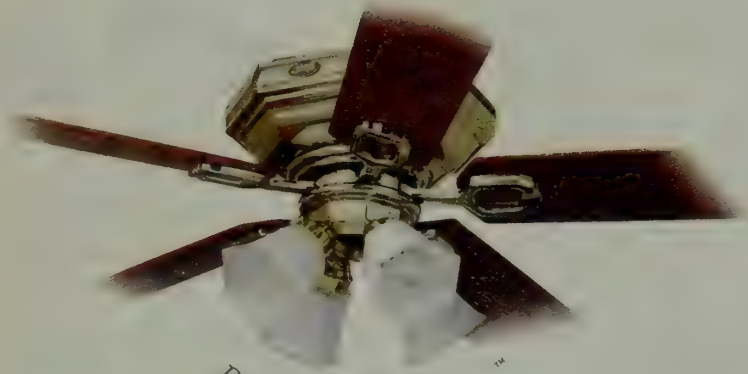
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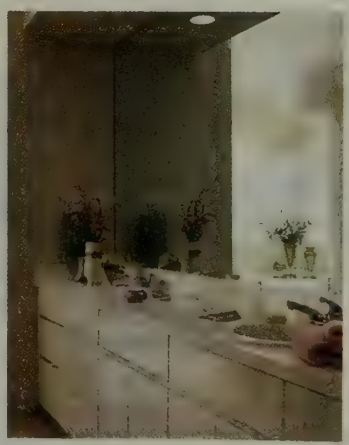
continued from page Z20

rounded soffits and stair-step pattern created as glass block marches up the wall around the tub.

Wayne divided the bathroom into dry and wet areas. Because the bathroom is open to the master bedroom, it seemed appropriate to continue sand-tone berber carpeting from one space to the next. This comfy cushion is laid in the vanity and closet area. But flooring changes to water-resistant white ceramic tile squares for the wet area, which encompasses the tub, shower, and toilet.

Central to the design's success is the spirited, splashy feeling in the bathing and shower area. Not only is the arrangement convenient and efficient, it's also fun. Who could resist long, sunny soaks in the jetted tub or invigorating wake-ups in this shower? The bath step-up has been kept low to avoid awkward entrances, and the tub surround, which is made of solid-surface countertop material, doubles as a shower bench. Capping the design with vaulted ceilings gives the compact space a sense of volume.

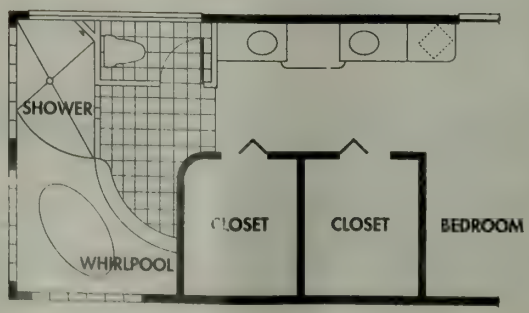




There will be no rush-hour traffic jams in the vanity area, *above*. There's a wide lane between the his-and-hers sinks and paired closets. Since craning for mirror space can slow the pace, this one (*left*) is as big as a billboard.



A lid on the vanity counter (*above*) lifts to reveal a nifty storage bin. It includes shallow slots for small items, wells and outlets for appliances, and easy-to-clean laminate surfaces.




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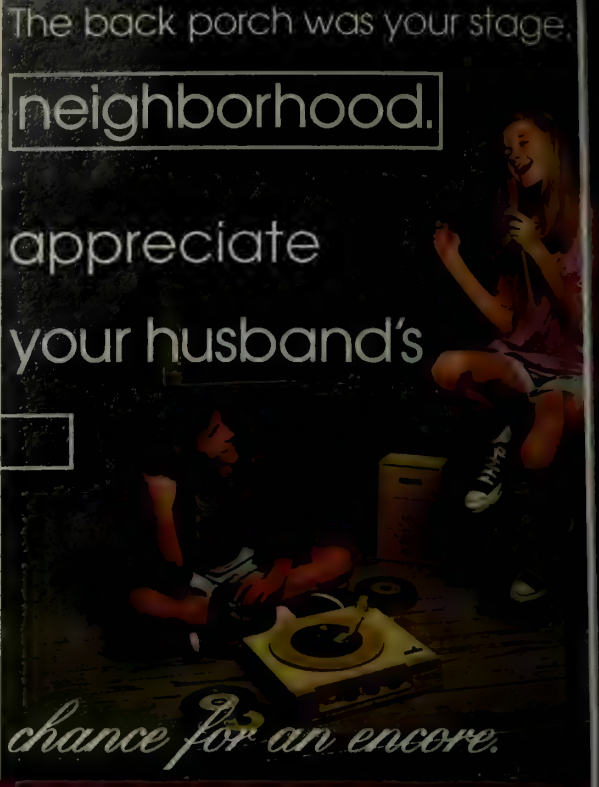
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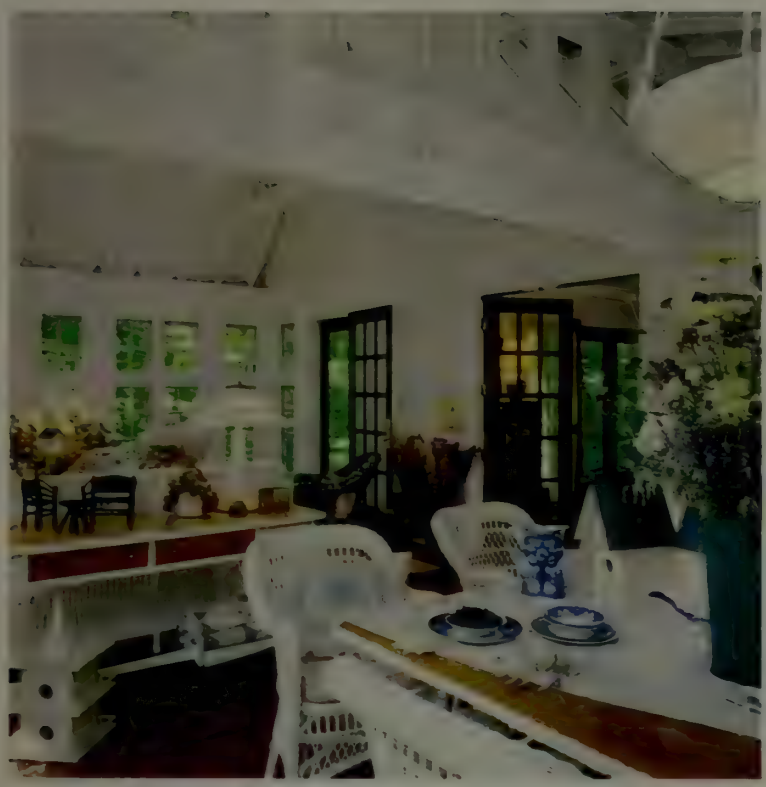
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a summer place

Summer places celebrate their own kind of back-to-basics simplicity: bare feet on sun-warmed floors, rain tapping on a tin roof, the quiet creak of old wicker. Judy and Glen Terbeek have a summer place like that, but they don't have to drive down a highway to get there. They just fling open the French doors in their great-room. Memories of summers on Nantucket Island inspired them to add a cottagelike family gathering space to their early-1900s house near Chicago.

by

William L. Nolan

PHOTOGRAPHS JESSIE WALKER ASSOCIATES; ARCHITECT STEPHEN K. NEUTSON, AIA

a summer place



The open, airy, porchlike feel of their new room envelopes you the moment you step in. Broad banks of windows overlook a wooded ravine on three sides, and an artfully asymmetric roof structure stretches wall to wall with a lacy grid of exposed rafters and collar beams. These are eye-pleasing touches, but also wonderfully practical because the window walls are banded on top with awning transoms so summer breezes can slip inside even during a downpour. The roof's off-center gable sidesteps a second-floor window that the Terbeeks couldn't bear to cover up.

An offset roof and true divided-light windows give the addition its down-home, cottagelike scale. The windows match those on the existing house.

To create a comfy vintage feel, the Terbeeks sheathed the gable wall with clapboard and laid varnished hardwood on the floor, then outfitted the room with antique wicker, faded florals, and a sisal area rug.







a summer place

At one end of the room, a commodious dining table nestles beneath the shed-framed portion of the roof. There's ample seating here for the whole family, including the Terbeeks' two grown sons. "We live out here, we eat out here, we even watch ball games on TV out here," says Judy. "It's such a fun room."

Even the furniture is laid-back: gently faded pillows, cushions, and rugs; a grouping of antique wicker; a tag-sale table fashioned from intertwining twigs. Judy unified the decorating scheme with a fabric she found for the settee. Blues and pinks in the fabric echo the colors of her favorite collectibles, such as the Fiestaware and Flow Blue china she picks up at flea markets. Companion fabrics in sun-washed checks and plaids repeat the palette throughout the room. Deep green on the doors matches the home's exterior trim.

Judy's mix-and-match decorating scheme reinforces the room's casual mood with kissing-cousin plaids, checks, and florals. They mimic the bouquets that Judy brings in from the cutting gardens planted under the windows.



Relics of yesteryear's summer places form congenial groupings near the windows. Here, well-weathered birdhouses play rustic counterpoint with some of Judy's vintage wicker.



When you lean way back in your chair, you can enjoy the grandly simple crisscrossing of rafters and beams in the vaulted ceiling. Bare-bulb fixtures light up the ceiling after dark, and a pair of paddle fans supplement cooling breezes from the garden

a summer place

Capturing the feel of a well-aged resort cottage took careful planning in the design stages and meticulous workmanship during construction. An extra layer of sheathing on the roof keeps shingle nails from protruding inside, and paired collar ties (horizontal framing members) add visual heft to the roof framing. Where the shed and gable roofs meet, carefully cut joints and artfully shaped rafter tails created a rhythmic procession of framing members along the main beam above the dining table (see *page 83*). Plain-as-you-please porcelain fixtures on top of the collar ties turn the roof framing into a handsome after-dark focal point.

To give the room a gently aged look, the Terbeeks dressed the walls and ceiling in a subtle layering of whites: white stain on the ceiling planks, low-luster white acrylic paint on the gable walls, and antique-white acrylic paint on the window sashes.

Buying information, page 140





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PHOTOGRAPH: EMILY FOLLOS; DESIGN: MARY ELLEN W. HUTCHINSON

the Quest for color

by Sandra S. Soria



Steps away from the Delaware coastline, Polly and Walter Stark's house has an enviable location. Its design, however, lacks appeal. Their first thought? A bulldozer and a fresh start. Then common sense took hold. Avid gardener Polly decided instead to perk the dull interior landscape with her gardening know-how. By transplanting lots of color, friendly fabrics, and bright collectibles, she coaxed the homely '50s colonial to blossom. The first color burst waits just inside the door, where picnic checks mingle playfully and easily with bright florals against a backdrop of yellow and green.





the Quest for color

Throughout the house, Polly uses paint, inexpensive fabrics, and thrifty flea market finds to sow more color and character into rooms. "The house was so awful," says Polly, "a lot of color was the best way I could transform it into what it truly wanted to be: an upbeat place for my family and friends to be cheered by. I think it worked—I smile every time I open the door."

She smiles all the way to the living room, where bright slipcovers in shared hues bring together a mismatched grouping of seating pieces. Polly blends patterns without fail with this tried-and-true decorating recipe: use miniprints liberally; spice those with a good dose of medium-sized prints; and for real zest, top off the mix with a bold print (in this case the wide stripe). For friendliness and an up-to-date look, the 10-year-old sofa wears all three pattern types.

Color shows its power in the living room, where paint transforms unsightly seamed composition-paneled walls into a warm backdrop, and a featureless fireplace into a vivid visual anchor for the upholstery.



the Quest for color



Poultry accessories and a kicky three-tiered table dress put the accent on fun in the dining room. French country chairs and a Welsh cupboard don't spoil the casual mood, but their golden grains of pine give eye relief.

Flea markets are a source of pleasure for Polly. She wanders through them for both treasures and relaxation. Vintage '30s and '40s tablecloths are one type of precious find; they transform a plain table into a cheerful accent.

Polly scouts fabric outlets waiting for good buys on bolts of cheerful ginghams, stripes, and florals—her favorite fabric "brew." "I haunt these places," says Polly. "I buy the whole bolt and end up using it all somewhere." In the dining room, she's lavishly layered fabrics atop—who would guess it?—a folding church table. She also spreads the same patterns from room to room for eye-pleasing flow. The dining room actually shares the same large tunnel space as the living room, as well as the same patterns, which tie the areas into a nice bright package.

High-impact furniture, like the bright colors and fabrics, also counteract the featureless rooms. In the dining room, a massive hutch adds vintage charm and allows Polly to parade her Grandmother's beloved china with pride. The wood, like the golden yellow paint in which both living and dining rooms bask, offers a warm and welcome visual relief from all the vivid pattern.

While shared fabrics provide the continuity, Polly uses color contrast to give her rooms character. White trim highlights the saturated wall colors. Note the grassy green door in the dining room, which pops from the rich yellow in a sort of friendly invitation. Swing it open and join the fun in the kitchen, where Polly has glossed over brown cabinets with white paint punched up with blue.


the
Quest
for color



The Starks screened in the front porch to extend their casual living space. White wicker and bright cotton fabrics live well in the protected spot, surrounded by a collection of hoop-handled baskets that are massed for impact.

the Quest for color



Though she gives an upstairs sleeping porch a softer palette overall, Polly links it to the rooms below with a few of the same patterns. Lengths of gingham tucked onto cup hooks outline and soften modern casement windows. The cup hooks cleverly hide behind knotted dishtowels.

Like blossoms in Polly's flower beds, bright collectibles pop out of the lush color and pattern to give the rooms shape and focus. On the screened front porch (*see previous pages*), the exaggerated handles of vintage hoop baskets attract attention as they march along on a custom ledge. Because the porch is protected, other cheery interior accents come out to play, such as the '30s tablecloths and vivid cotton cushion covers. "This screened porch feels so comfortable, some of my visitors never make it through the front door," says Polly.

Relaxation is also the goal in a second-floor sleeping porch *above*, where time-softened quilts and furniture gather quietly. Though the palette is more hushed here, the garden is still the inspiration for flowery motifs and natural accents. After all, says Polly, "With nature as your decorator, how can you go wrong?"

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by Rebecca Jerdee



paper

See paper in a new light. Set it free from expected uses to roam the rest of the house in decorative ways. A natural for crafting by hand, paper benefits homekeeping with inviting textures and translucence. Here are nine ways to turn paper into decorative pieces that will lighten dark corners, create soft moods in a room, refresh the view, and, when illuminated from behind, entertain eyes with its transparent qualities. For handcrafting, see the patterns and instructions, *page 108.*

Paper Sampler

Six-inch squares, torn from art-store papers, slip under a glass tabletop to create a conversation-starting sampler of textures. Acrylic plastic holds them in place under the glass.



Shelf Edgings

Tack or tape frothy, white paper edgings (see buying information) on shelves to set off Sunday-best dishes.

Party Tray

To add sparkle to a party, sprinkle confetti and strips of curling ribbon on an ordinary serving tray.



Pleated Lampshade, Decoupaged Frame

To freshen an old lamp shade or add interest to a flat area, drape on a pleated paper skirt. Tie it on with a swish of raffia strung through paper-punched holes. Highlight a memorable postcard or picture by framing it in a wrapping paper mat.



Candlestick Lamp

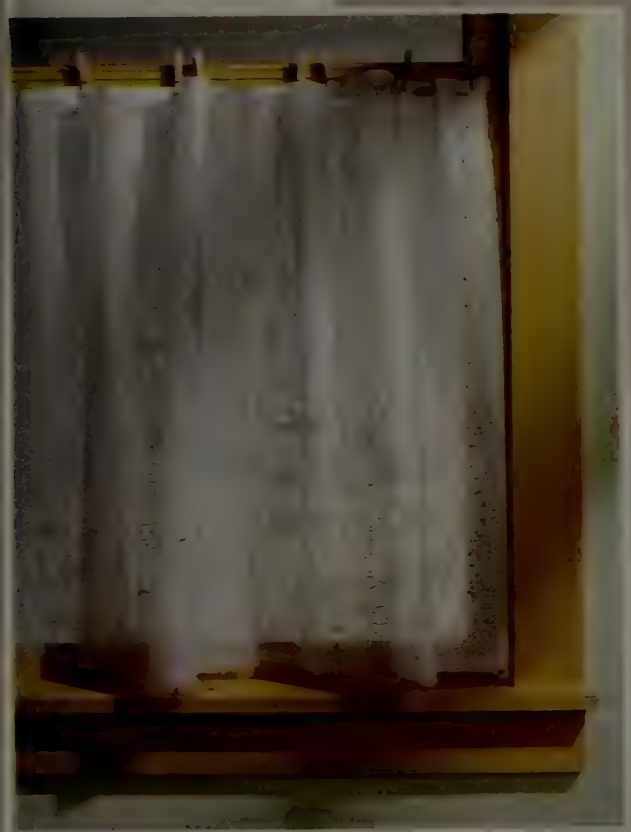
Light a dark corner with a magic lantern. Cut the candle follower shade, right, from heavy textured paper and fringe it with paper key rings.

Room Divider

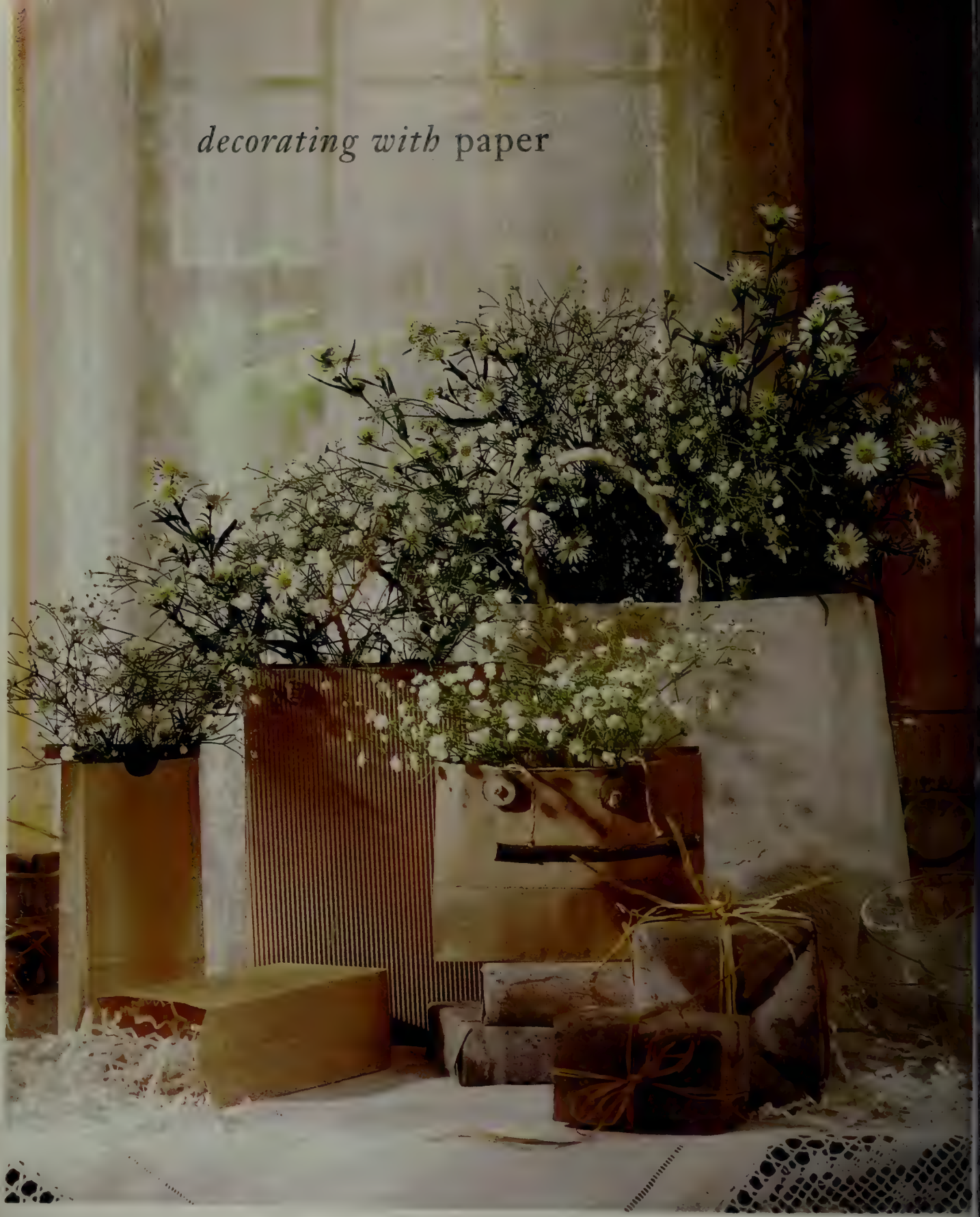
Cozy a corner with a three-panel screen made by cutting apart a ready-made rice-paper roll-up shade and framing it.

Paper Curtain

Purchase paper lace (available at art supply stores) for light and airy privacy panels at your window. Hang the lacy panels on a wire from dollhouse clothespins.



decorating with paper



Paper Party

For easy entertaining, throw a party with paper plates, paper-wrapped gifts, and containers of flowers set inside a variety of papery bags.

Project instructions begin on page 108

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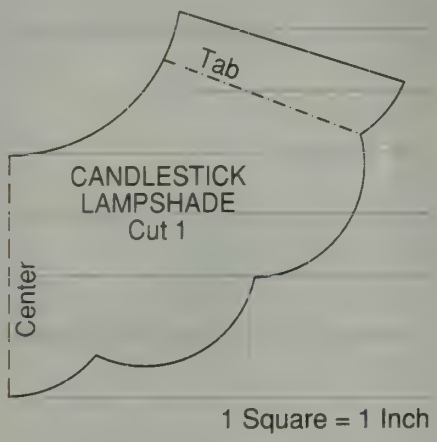
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Decorating with Paper

continued from page 106

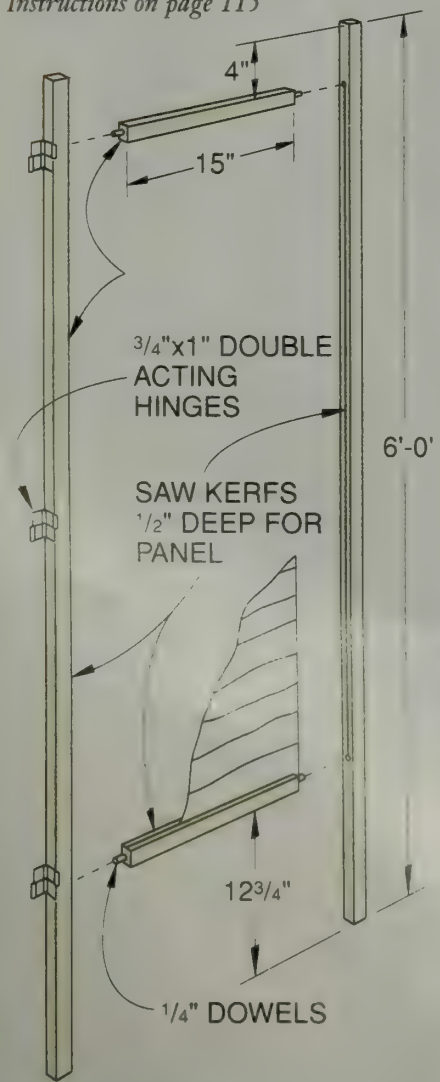
CANDLESTICK LAMPSHADE

Instructions on page 115

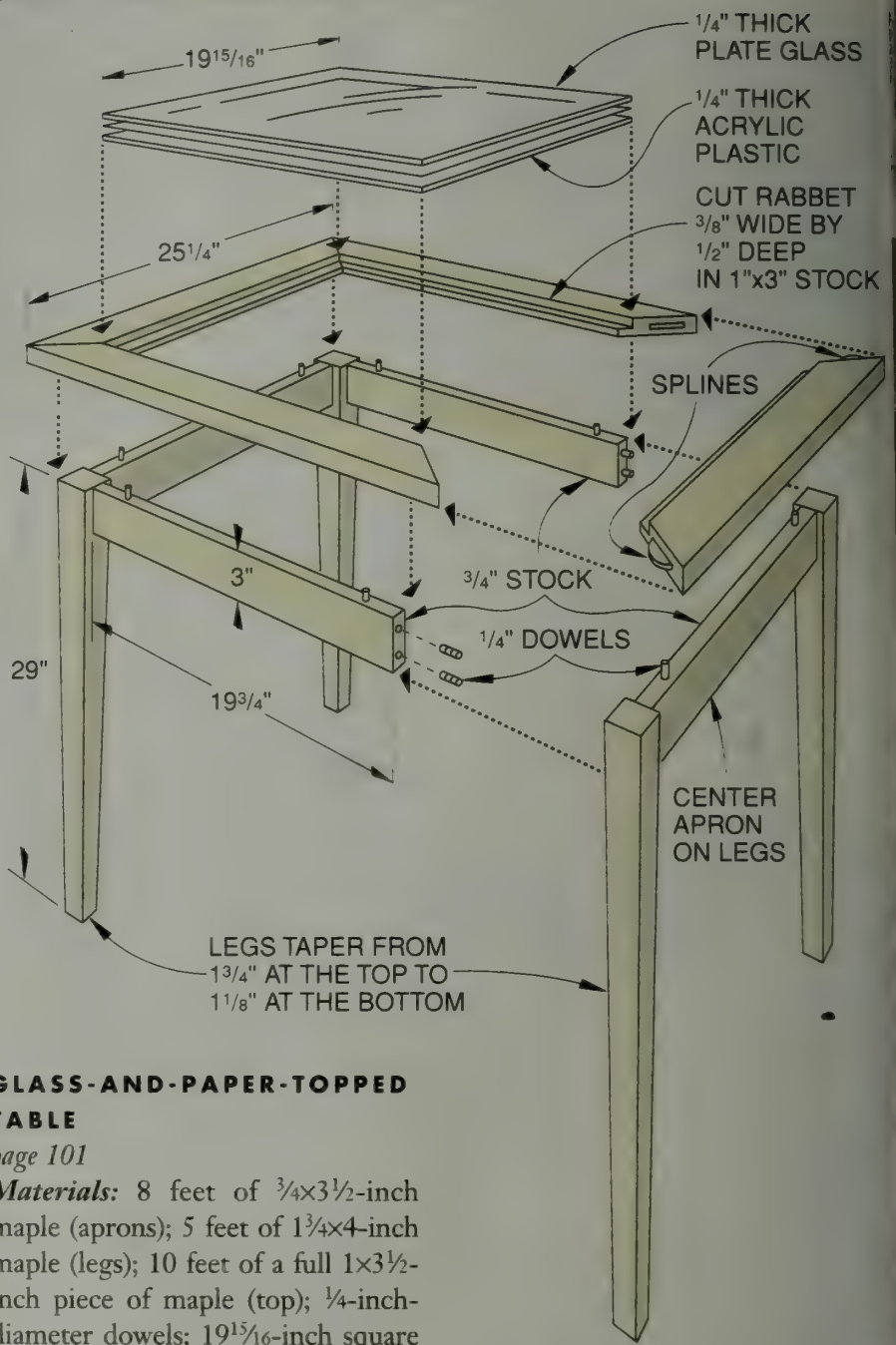


RICE-PAPER SCREEN

Instructions on page 115



GLASS-AND-PAPER-TOPPED TABLE



GLASS-AND-PAPER-TOPPED TABLE

page 101

Materials: 8 feet of ¾×3½-inch maple (aprons); 5 feet of 1¾×4-inch maple (legs); 10 feet of a full 1×3½-inch piece of maple (top); ¼-inch-diameter dowels; 19 15/16-inch square *each* of ¼-inch-thick plate glass with a ½-inch beveled edge and Plexiglas acrylic plastic; an assortment of rice papers (ours are from Dick Blick).

Instructions: Refer to table assembly diagram, *above*. For aprons, straight-cut four ¾×3×19¾-inch pieces.

For the legs, make a taper jig from plywood, the top edge 1¾ inches and the bottom edge 1 inch. Using a table saw, cut leg 1¾-inches square for 4 inches then taper to 1-inch square at the bottom. Using a dowel jig, mark two corresponding ¼-inch holes on each leg and apron piece; glue and clamp together.

For top, cut four 1×3×25¼-inch lengths from maple. Using a ½-inch rabbet bit on the router, cut a groove to receive the glass. Cut corners on a 45-degree miter. Use a biscuit cutter to put miters together. Glue and clamp tabletop together.

Drill holes in tabletop and apron to receive ¼-inch dowels. Glue and clamp in place.

Finish with four to five coats of sanding sealer.

Cut or tear rice papers into nine 6-inch squares. Leave some squares plain; decorate others. For example: Referring to the photograph, pin-prick a design into a square; tear small pieces of type from a magazine and glue randomly to a square; tear

continued on page 114


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PRECEDING PAGE: Pencil Post Bed, $640,* for country chic or city charm. Wooden Canopy Frame, $125. Step Stool, $125. Door Chest, $815, with two doors, three drawers, two adjustable shelves, and knock-out TV panel. Three-drawer Night Stand, $275. *RIGHT*: To complete your bedroom, Triple Dresser, $840, with nine drawers, and three vanity trays inside center door. Shaped Landscape Mirror, $215.

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*Queen-size bed shown. Also available in King-size. Prices vary according to size. Rails not included.



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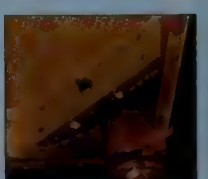


Table legs are bolted, glued, and further supported with corner bracing to ensure greater stability and increased strength.





LEFT: Classic Lawson Sofa, $799-899,* upholstered in tea-towel checks, with pillows of laid-back denim and cottage garden pattern to match Chair, $459-499.* Dropleaf Cocktail Table, $295. Dropleaf End Table, $270, with drawer. *RIGHT:* Enjoy the versatility of the wall unit (from left to right): Door Unit, $640, Entertainment Unit, $1190, Open Unit, $415, and Corner Unit, $340. Entertainment Unit features two VCR compartments, ample storage, prewiring for electric/cable connections, and pocket doors which recess for TV viewing.

**Upholstered pieces are also available in other fabrics and styles, including Sleeper and Loveseat. Prices vary according to fabric selection and style.*

BELOW: The lighted China, $1375, features charming glass-front doors over glass shelves which allow the light to illuminate the entire display area, accented by curio sides. Harvest Leg Table, $575, will seat eight with the apron leaves included. Ladderback Arm Chairs, $200 each. Side Chairs, $175 each. The Pie Safe Cupboard, $725, is a charming storage solution for any room, or leave the doors open to display collectibles, linens, handcrafts, or other treasures.





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Oakhurst	Matthews Fine Furniture
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	Meier and Frank
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Decorating with Paper

continued from page 108

1-inch squares of paper and arrange them checkerboard-fashion atop a square; tear twelve ¾×6-inch strips of paper, then weave them into a square; with a paper punch, punch holes into one square, then glue punched square atop a solid square; cut four 1×9-inch strips of paper, tie a flat knot in the center of each strip, then glue strips to another square; tear 1×9-inch strips of paper into long triangles, glue the triangles to a square, alternating direction of triangles.

Arrange the finished squares atop the acrylic plastic square. Place the plate glass atop the plastic; set into the tabletop.



PLEATED LAMPSHADE

page 103

Materials: Two 24×38-inch sheets of kozo paper or mulberry paper; ruler; paper punch; glue stick; and 1¼ yards of raffia.

Instructions: Measure height of your lampshade; add ¼ inch. This is the height of the pleated shade.

On one sheet of paper, pencil a dot on each short side, measuring down from the top edge the height of the pleated shade. Connect the dots.

Repeat on the other sheet of paper. These drawn lines will be the bottom edge of the pleated shade.

To deckle the bottom edge, lay a ruler along the bottom edge of the paper. Stand and place your full weight on the ruler. Bend paper along the ruler's edge and tear along the edge. Pleat paper, folding ½-inch accordion pleats. Repeat for second sheet of paper.

Pencil a dot in the center of the first pleat 2 inches from the top edge. With a paper punch, make a hole at the dot through several of the pleats. Continue in this manner, punching holes through all of the pleats in both sheets.

Adhere the pleated edges of the two sheets together to form a tube, leaving 4 inches unglued on one side at the top.

Slip the raffia into the holes. Place the pleated shade over the lampshade. Adjust pleats; knot the raffia.

PICTURE FRAME

page 103

Materials: 9×16-inch piece of ¼-inch pine; 12×15-inch piece of wrapping paper; white glue; 2-inch-wide nylon paintbrush; 5×7-inch piece *each* of art paper and cardboard; old postcard or picture; clear mailing tape; and a sawtooth hanger.

Instructions: Cut a 9×12-inch rectangle from pine. Measure a 5×7-inch rectangle in center of pine frame. Using a jigsaw, cut out center.

Cut four ½-inch-wide pine strips to form a 5×7-inch frame insert with mitered corners; glue corners.

Lay the wrapping paper facedown atop newspaper. Dilute glue with water until it is the consistency of light cream. Brush glue over the wrapping paper.

Gently lay the glued side of the wrapping paper, centered, over the pine frame. Protect wrapping paper with a piece of typing paper, then rub wrapping paper in place using the palm of your hand.

To fold wrapping paper at outside corners, wrap it as you would wrap a gift box. Then, carefully cut the wrapping paper away from the opening of the frame.

Glue frame insert in pine frame. Mount a postcard on the art paper; position in frame.

Cover back with cardboard; tape in place. Attach hanger.

RICE-PAPER SCREEN

page 104

Materials: 6 feet of ¾×7½-inch poplar; 48-inch-wide rice-paper roll-up window shade (ours is from Pier 1 Imports); six ¾-inch double-acting hinges; three ⅛-inch-diameter dowels 15 inches long; ¼-inch dowels; wood glue; and sanding sealer.

Instructions: For guidance, refer to the assembly diagram on *page 108*.

Using a table saw, cut six 1×72-inch lengths (sides) and six 1×15-inch lengths (tops and bottoms) from poplar. Using a ¼-inch router bit on a router table, cut a ½-inch kerf into a ¾-inch side on each length. Drill corresponding ¼-inch holes in the top, bottom, and sides. Finish with sanding sealer.

Mark three 16×54¼-inch rectangles on the rice paper window shade.

Note: There should be a cane rib at the top and bottom edges. If a rib does not fall at the bottom edge, then cut the length of the rectangle ½ inch longer than specified and wrap the excess paper around one of the ⅛-inch-diameter dowels. Cut out rice-paper rectangles.

Glue each cane rib/dowel into a 15-inch poplar length. Then, glue and clamp to the sides using the ¼-inch-diameter dowels.

Assemble the panels using the hinges.

CANDLESTICK LAMPSHADE

page 105

Materials: 8×14-inch sheet of 80- to 100-pound white paper; paper punch; glue stick; 1¼-inch-diameter key-tag rings (we used 38).

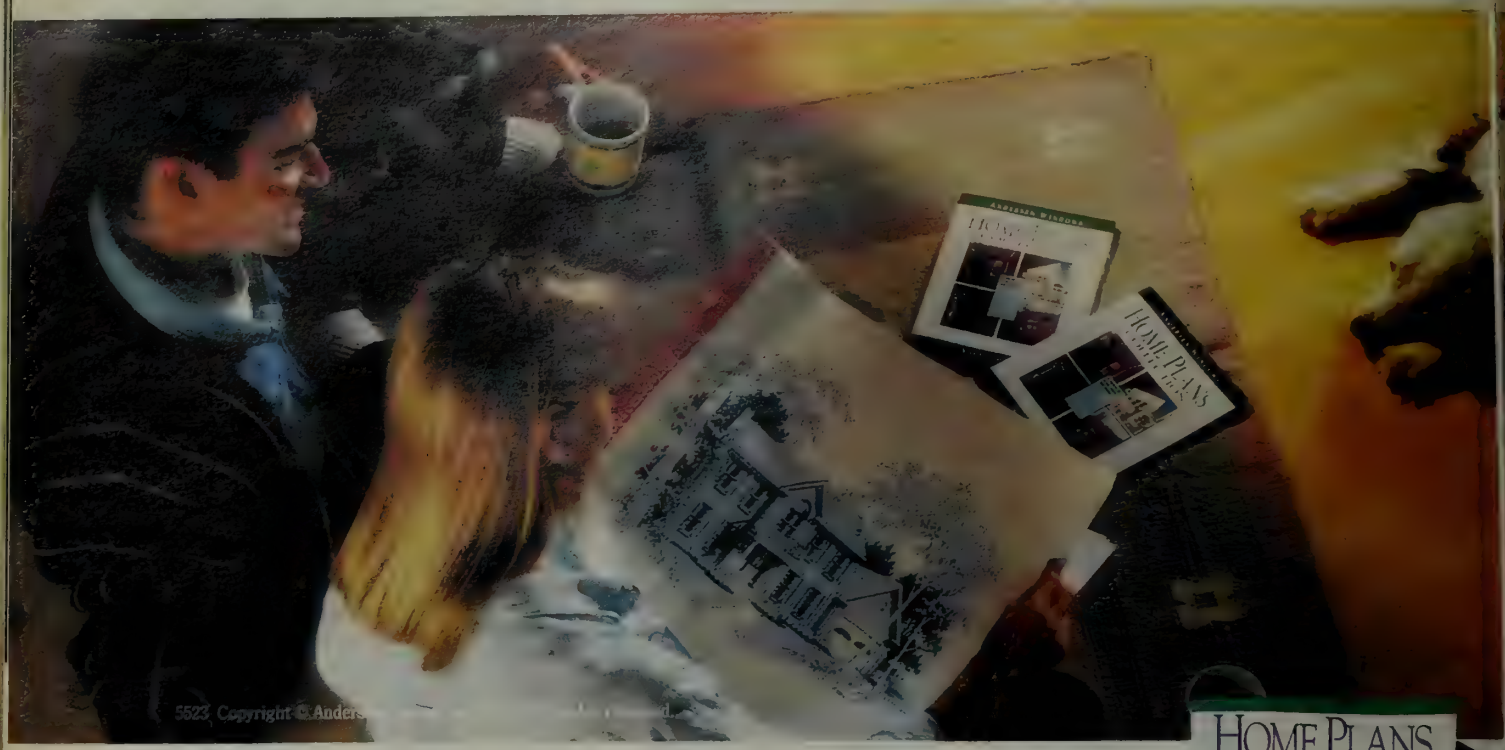
Instructions: Enlarge pattern, *page 108*, onto tracing paper; cut out.

Cut pattern from the white paper. With a paper punch, make holes ⅛ inch apart at the top and bottom of the shade.

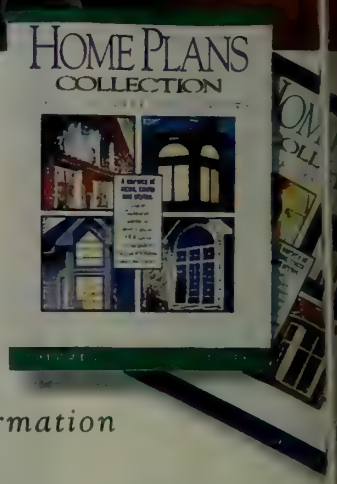
Glue straight edges of shade together, overlapping holes as necessary, so the shade fits around the lamp harp. Slip key-tag rings, in the same direction, into each hole around bottom of shade.



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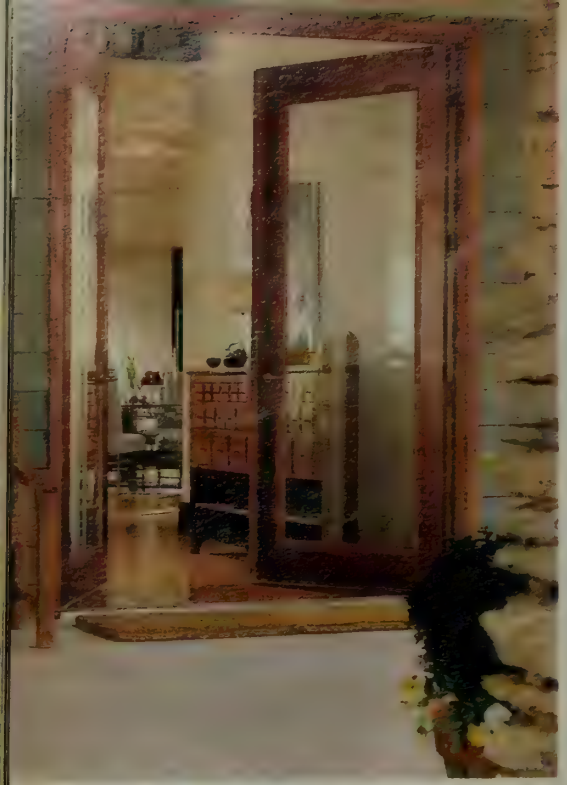
by STEVE COOPER & JOSEPH BOEHM



Tranquility rests in a balance of opposites.

That's the subtle message told through the medium of wood, stone, and glass in our award-winning 1995 Home of the Year. The design is a harmonious marriage of simplicity and complexity, inside and outside, high tech and low tech, public and private. This architecture will remain fresh for years to come. Conceptually, it's an elegant meditation on a common shape—a square box. But there's nothing square about the house. Come explore this surprise package where lively angles, soaring spaces, and delicious daylight merge almost magically to delight the eye and the soul.

home of the year



An entry is a stage for greetings and farewells. Ours, *left*, has everything but footlights. Friends will appreciate being covered by an overhang should rain also make a visit. Guests enter through French doors featuring custom-pattern frosted glass and triple-lock security.

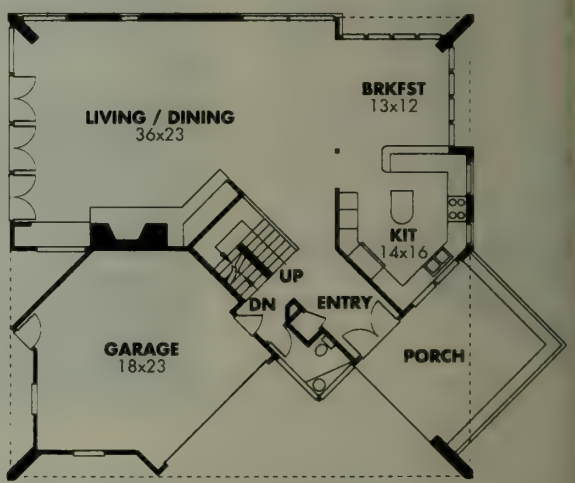


The stone highlights of this wood home blend naturally with the surroundings. Easy-maintenance plywood siding complements the pine-shake roof.

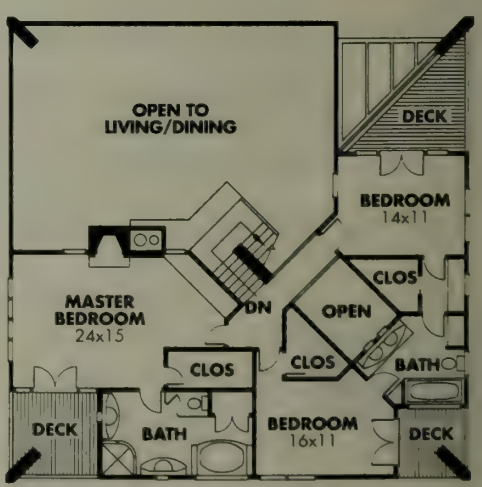
As the floor plans show, the main public area of our 2,800-square-foot home is a single, unobstructed space for relaxed living. A lower level can be added.

FURNISHINGS: LEXINGTON FURNITURE INDUSTRIES. CODE PLUS PROGRAM: APA—THE ENGINEERED WOOD ASSOCIATION. MDO PLYWOOD SIDING AND TRIM BOARDS: FOURPLY, INC. PINE SHAKES: LIFEPINE ROOFING PRODUCTS OF SAVANNAH. ENGINEERED WOOD PRODUCTS: GEORGIA-PACIFIC CORP. FRONT DOOR: BENCHMARK, A DIVISION OF GENERAL PRODUCTS CO. RETAINING WALL: KEYSTONE RETAINING WALL SYSTEMS, INC. PAINT: THE GLIDDEN CO. CEILING AND COLUMN SURROUND: SOUTHERN FOREST PRODUCTS ASSOCIATION. CABINETS: CANAC KITCHENS LTD.

The serene ambience of the open main floor more than surpasses the goal of achieving low-stress living for the '90s and beyond. This Nashville, Tennessee home, designed by architect David A. Brown, is positively no-stress. Sitting in the living room is like reclining beneath a great sheltering tree. A towering main column rises more than 24 feet through the center stairwell and acts as the tree's trunk in supporting the shake-covered roof. A sweeping pine-plank ceiling completes the arboreal effect by mimicking outstretched branches.

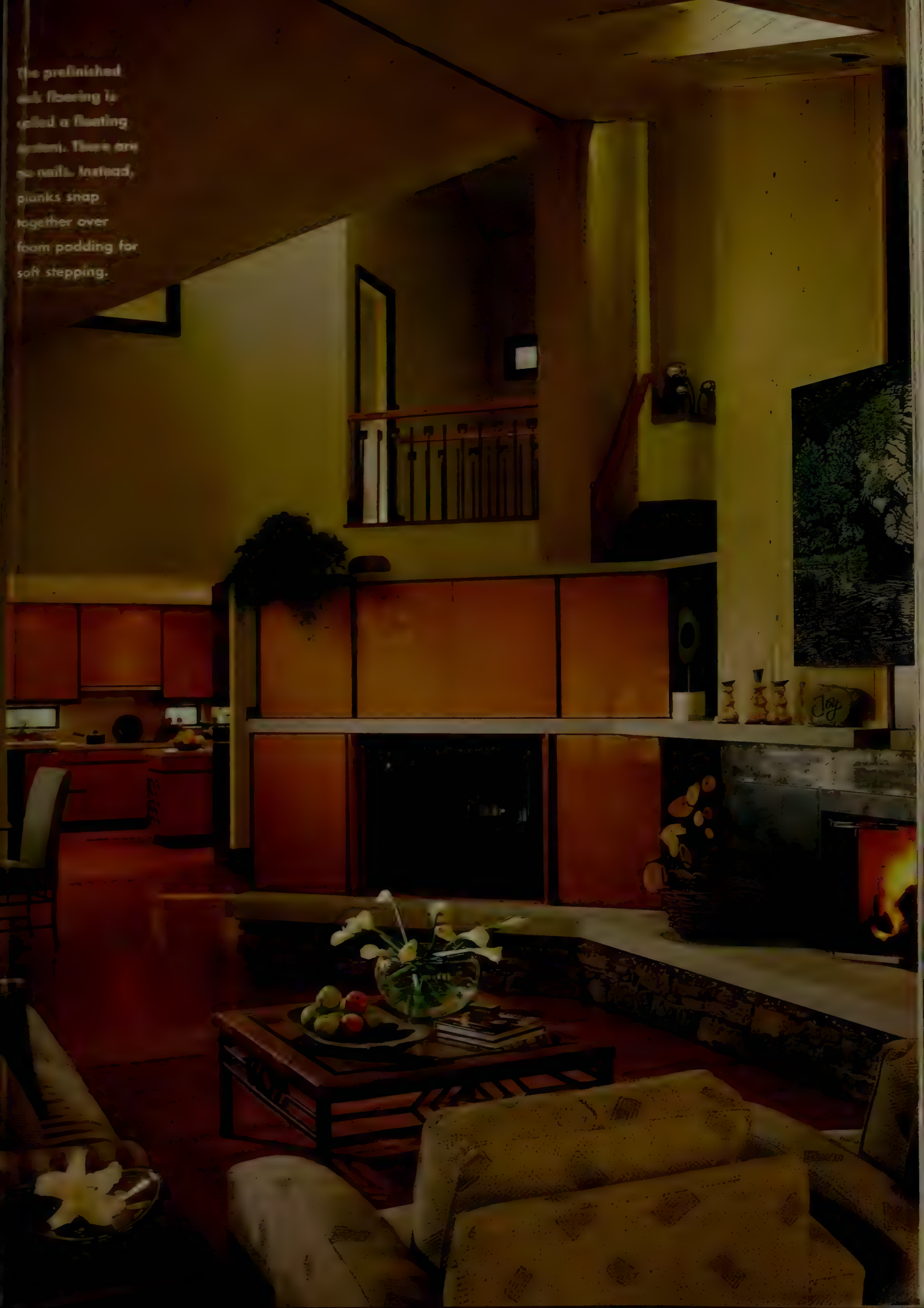


MAIN LEVEL



UPPER LEVEL

To order plans, turn to page 129.



The prefinished oak flooring is called a floating system. There are no nails. Instead, planks snap together over foam padding for soft stepping.

home of the year

A strong out-of-doors feeling resonates throughout the home's interior. Blurring the boundary between the outside and inside began with the inclusion of glazed French doors and luxurious expanses of glass. But windows are only one element. Other natural choices included:

- Nesting the home on a woodsy hillside lot.
- Picking colors that enhance the surrounding environment. The palette is anchored by a pale, leafy hue for the plywood siding and a sandy tone for the interior.
- Applying pine, oak, maple, and stone to surfaces throughout the home.
- Choosing furnishings that balance subdued colors, subtle patterns, and elegant designs.





Here's informality and playfulness with a refined face. Those gathered for a party in the living room, *right*, may drift casually to the table for dinner, *left*. Yet a black-tie evening wouldn't be out of place here.

FURNISHINGS: LEXINGTON FURNITURE INDUSTRIES. WINDOWS AND FRENCH DOORS: HURD MILLWORK CO. INC. HARDWARE: BALDWIN HARDWARE CORP. FLOORS: HARRIS-TARKETT, INC. HEARTH: DUPONT CORIAN. FIREPLACE: MAJESTIC. PAINT: THE GLIDDEN CO. RUGS: CAPEL, INC. GLASS BOWL: ROYAL COPENHAGEN INC. FLOOR LAMP: LUZ LAMPCRAFT INC. BONSAI TREE: BONSAI SOCIETY OF NASHVILLE.



All eyes will be drawn to the raised hearth—the traditional heart of our nontraditional home. The design blends wood, stone, and metal with sandblasted solid-surface countertop material. Flanking the easy-to-operate gas fireplace are a window seat on one side and entertainment-center cabinetry on the other. Recessed lighting in the soffits and ceiling can be brightened or dimmed in a variety of arrangements so the room matches the mood of any gathering or event.

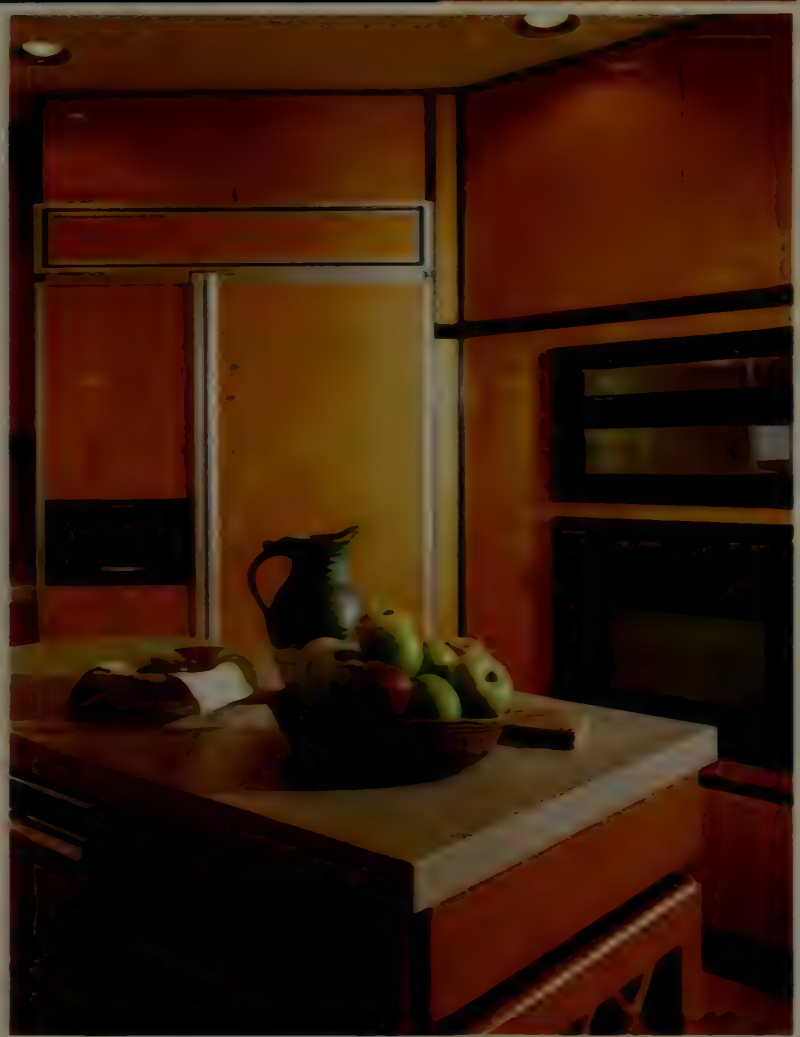

home
of the
year



The treetop view makes the family eating area, *left*, an appetizing spot for a late-morning brunch. Skylights and to-the-floor windows fill the room with light. A sisal rug helps define the space while protecting the floor.

APPLIANCES: KITCHENAID. COUNTERTOPS: DUPONT CORIAN. CABINETRY: CANAC KITCHENS LTD. FAUCET: KOHLER CO. SKYLIGHTS: VELUX-AMERICA INC. LIGHT-LINES DESIGNER SERIES MICRO BLINDS: HUNTER DOUGLAS WINDOW FASHIONS. RECESSED LIGHTING: JUNO LIGHTING, INC. LIGHTING CONTROLS: LUTRON ELECTRONICS CO., INC. PLATES: ROYAL COPENHAGEN, INC. RUG: POTTERY BARN.

Because the kitchen is open to the living room, cabinetry became a critical facet of the interior design. Maple cabinetry with a high-sheen, automotive-quality finish offered just the right degree of sizzle. Guests can perch at a cantilevered snack bar of solid surface counter material, *above*. Meanwhile, the house chef can cruise through preparations at the island. It's only steps away from the ovens, *right*, and the sink, cooktop, and wall storage, *above*.



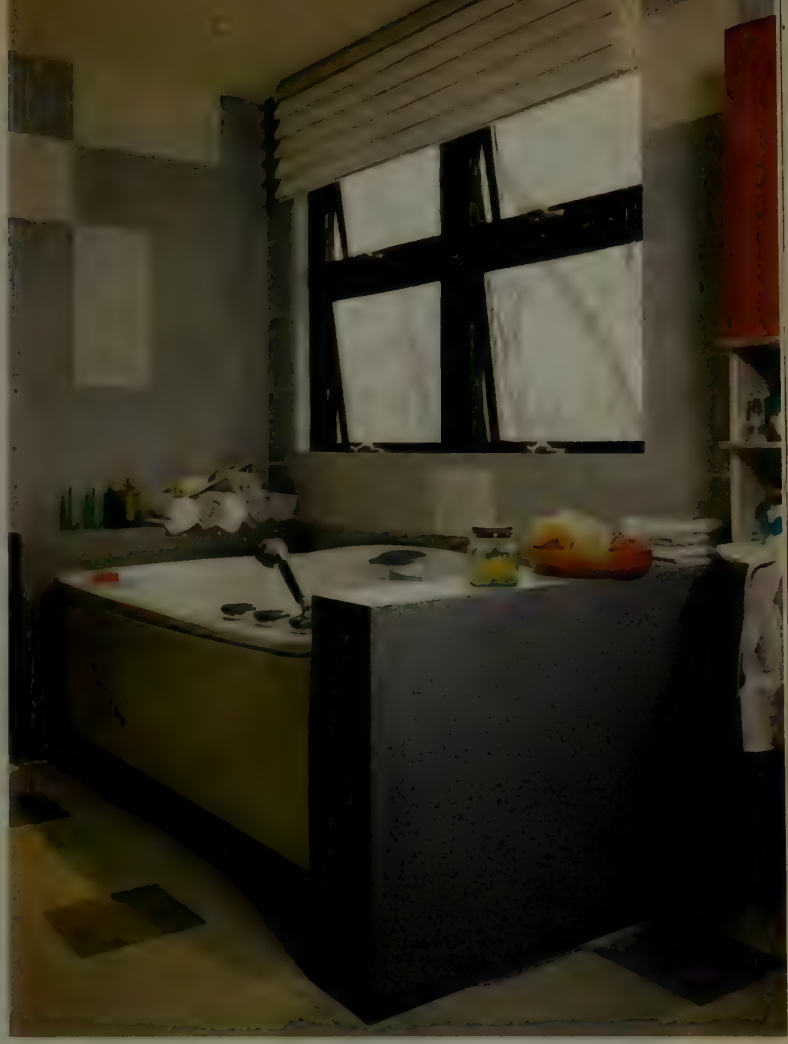


Tucked away in the home's upper corner is the master bedroom suite. Here the homeowners may seek their own balance by pitching into paperwork duties or retreating to the peaceful balcony. For diversion, the suite has a fireplace and a fully equipped home entertainment center.

Enhancing the room's drama is a special paint treatment. Four shades of green were applied in graduated bands up the walls changing the tone from a dark forest green to a light avocado. It creates the illusion of height even on the shorter walls within this extraordinary sanctuary.



Granite-like solid-surfacing material and a cool, random pattern of tile surround the master bath's jetted tub, *right*. Inclusion of a personal hand shower adds yet another touch of luxury. A floor-to-ceiling linen closet was built into the wall opposite the tub to keep towels close at hand.



JETTED TUB, SHOWER FAUCET TOWER, AND FIXTURES: KOHLER CO. TILE: CROSSVILLE CERAMICS. SHOWER WALLS, TUB SURROUND: DUPONT CORIAN. TOWELS: FIELDCREST CANNON, INC. PAINT: THE GLIDDEN CO. PAINT TREATMENT: DROPS-EVERYTHING SCENIC SPECIALTIES. WINDOWS AND DOORS: HURD MILLWORK CO., INC. RECESSED LIGHTING: JUNO LIGHTING, INC. WINDOW SHADES: HUNTER DOUGLAS WINDOW FASHIONS.

In the master bath, which is 17×10 feet, there was enough room for a glass-enclosed shower with pedestal sinks on either side. The multi-faucet shower tower offers a massage-like experience. The sinks have extra-wide aprons, which provide landing space for bath necessities.



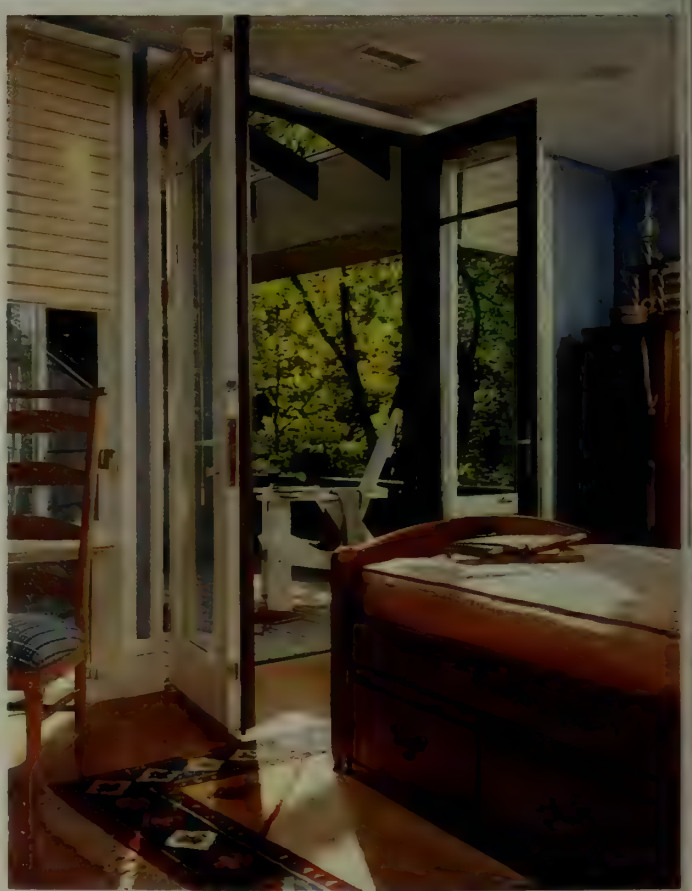
The stone column on the balcony, *above*, anchors one corner of the house. Energy efficiency is boosted in the home by windows with high-tech glass and recessed lighting with housings that stop air from leaking around fixtures.



Just as in the master bedroom suite, the two smaller bedrooms each have a balcony where homeowners can retreat on lovely Tennessee evenings. To minimize maintenance and protect against moisture, the decks were made from pressure-treated lumber installed on a base of plywood sealed by a water-resistant rubberized membrane. Drain vents allow the deck to shed rain. The home's layout continues to surprise in the upper bedrooms, too. Where boring, square rooms might be anticipated, these rooms open up with unexpected angles. Low ceilings allow space for heating- and cooling-system ductwork and other service necessities.

The bedroom, *above*, is only steps away from the tub/shower in the adjacent bathroom. Cutouts in the balcony roof, *right*, maximize light.

FURNISHINGS: LEXINGTON FURNITURE INDUSTRIES. HEATING: LENNOX INDUSTRIES INC. ELECTRONIC CONTROLS: SQUARE D. SECURITY: WESTEC SECURITY INC. SHADES: HUNTER DOUGLAS WINDOW FASHIONS. RUG: CAPEL INC. HEARTH (OPPOSITE PAGE): DUPONT CORIAN.



If archaeologists examined the crumbs under your burners, would they call the Smithsonian?



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To Order Plans

You can purchase blueprints for the *Better Homes and Gardens*® **1995 Home of the Year** shown here. If you do not wish to purchase complete plans at this time, but are interested in more information, we suggest the Study Plan.

STUDY PLAN

The eight-page Study Plan booklet includes all four elevations, kitchen and bath cabinet elevations, floor plan diagrams including room dimensions, and general information about the home. Although the Study Plan cannot be used for construction, it will be a valuable aid in selecting a lot on which to build and in making inquiries with a builder.

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home of the year

The difference between an ordinary house and an extraordinary one is found in the details. By that measure, our Home of the Year more than succeeds. Among the details:

• The home was constructed according to Code Plus building program standards, which require floors, walls, and roofs to exceed minimum building-code standards.

• A burdensome household task was made easier by including a laundry chute connecting upstairs bedrooms with the full-service laundry room in the lower level.

• For comfort's sake on cold winter days, the attached two-car garage is heated. Hauling groceries will take little effort because the kitchen is only a few steps from the garage.

• Using sandblasted solid-surface countertop material on the raised hearth offers the look of quarried stone without the expense.



At every turn, the home exceeds the expectations of its designer. Architect David Brown says, "Living here should be effortless."

Our Home of the Year's design received top honors in the Innovations in Housing national architecture competition, which is sponsored by APA—The Engineered Wood Association and *Progressive Architecture*, *Builder*, and *Better Homes and Gardens*® magazines, and cosponsored by the American Wood Council. The home was built by Dean Davenport of Davenport Construction Inc. in Nashville, Tennessee.

Buying information, page 140

IN-HOUSE INTERNET

The computer revolution has come home, and it offers more than just the chance to joyride down the Info Highway. At our Home of the Year, a computer system has allowed builder Dean Davenport to create an internal electronic network linking such services as lighting, heating, cooling, and home entertainment.

"Wall-mounted keypads control the system," Davenport says. "Or, if the homeowner is away, they can tap into the controls through any push-button phone. They can turn on the lights or make sure doors are locked from their car phone."

Once homeowners are inside, the computerized security system keeps watch on doors and windows. If any open unexpectedly, an electronic voice alerts occupants by announcing, "Front door open" or "Rear door open." The computer's voice can be heard throughout the house.

Electronics also allow for a variety of lighting schemes on the main floor. With one touch, lighting can be adjusted for mealtimes, a midnight snack, or a party.

Davenport says, "This isn't technology waiting for us 10 years down the road. It's here right now."

STEPS TO FIRE PROTECTION.



1 Open.

2 Insert important documents and keepsakes.

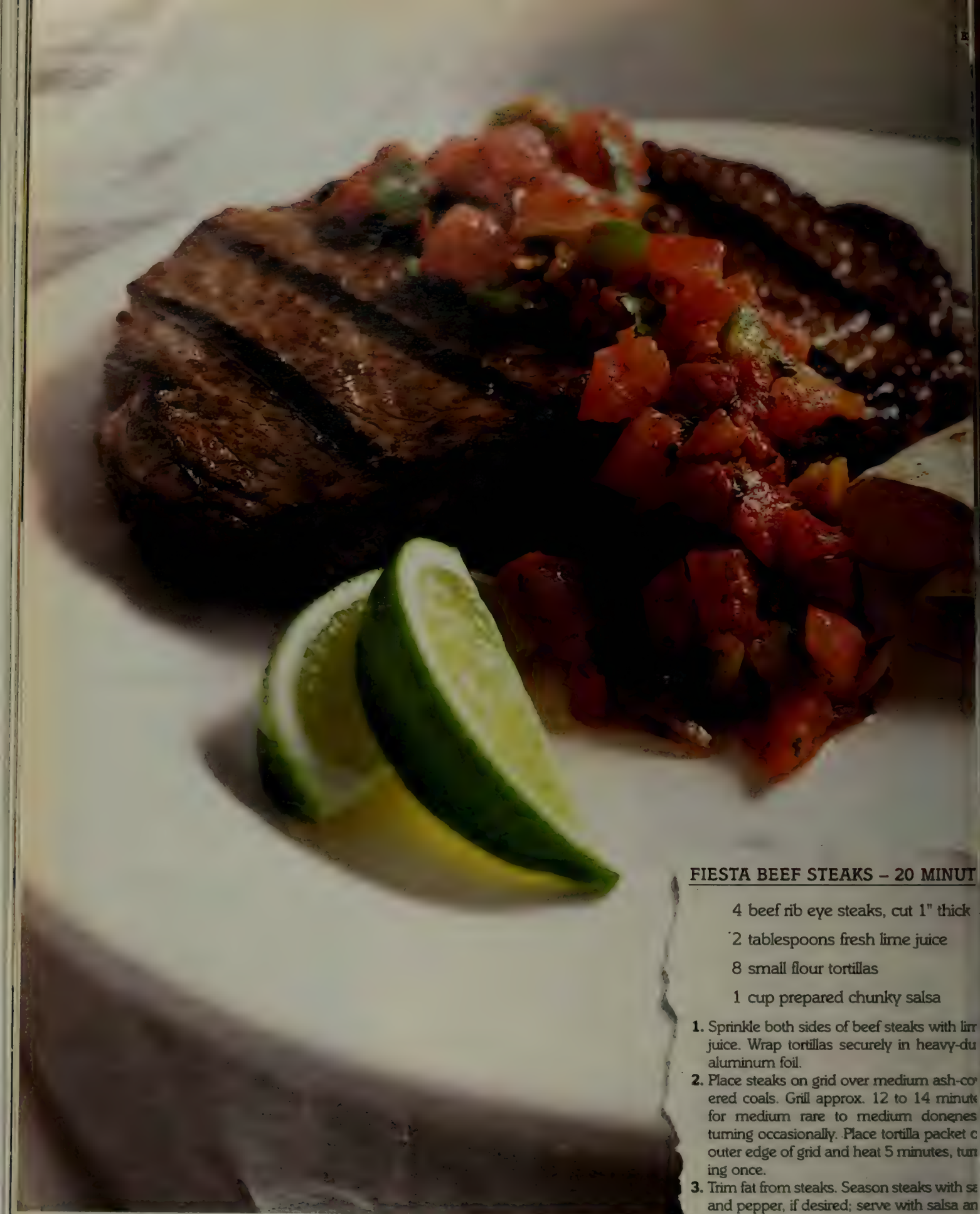
3 Close and lock.



4 Relax.

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FIESTA BEEF STEAKS – 20 MINUT

- 4 beef rib eye steaks, cut 1" thick
- 2 tablespoons fresh lime juice
- 8 small flour tortillas
- 1 cup prepared chunky salsa

1. Sprinkle both sides of beef steaks with lim juice. Wrap tortillas securely in heavy-du aluminum foil.
2. Place steaks on grid over medium ash-co ered coals. Grill approx. 12 to 14 minute for medium rare to medium donenes turning occasionally. Place tortilla packet c outer edge of grid and heat 5 minutes, tur ing once.
3. Trim fat from steaks. Season steaks with sa and pepper, if desired; serve with salsa an tortillas. Makes 4 servings.

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It's about as close as you can get to instant gratification.

BEEF

IT'S WHAT'S FOR DINNER

Our Best RECIPES

This month, you'll find:

Snips of Flavor p. 132

Garden-fresh herbs dress up casual summer meals

Readers' Prizewinning Recipes p. 161

Potluck Casseroles
Super Sandwiches



Mixed Herb Pasta Salad p. 150

PHOTOGRAPHS MICHAEL GARLAND FOOD STYLIST SUSAN BROWN DRAGOT PROP STYLIST ROBIN TUCKER

"Garden herbs entice you with their heady aromas, then charm you with lush, natural flavors," says avid herb gardener and cook, Andrea Crawford. She should know. For the past 15 years, Andrea has harvested fields of herbs and inspired farmer's market shoppers with her helpful advice and imaginative recipes drawn from hands-on experience. Andrea's philosophy is simple: a few quick snips of fresh herb can turn basic foods into sheer delights. Sample for yourself.

by LISA HOLDERNESS

s n *i* p s of flavor



(left) Andrea Crawford shares her passion for herb gardening with daughter Katharine at the family-run Kenter Canyon Farms in Southern California. Here they grow 30 varieties of herbs on 40 acres. Even with all their fields of greens, a backyard herb patch at home is convenient at mealtime.

PASTA AND SICILIAN TOMATO SAUCE *with* **BASIL**

(right) Toss basil by the handful into this fresh tomato sauce, which is accentuated with pine nuts and Parmesan.





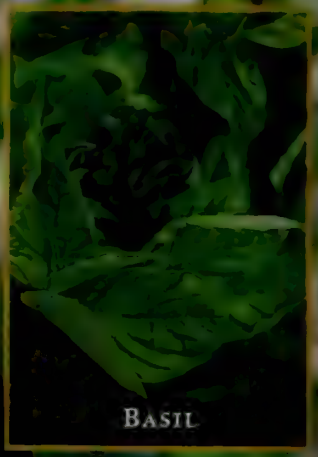
Pasta and Sicilian Tomato Sauce

Recipe begins on page 150

snips of flavor

Focaccia

Think of this chewy Italian flat bread as a canvas for endless flavor pairings. The basic version gets slathered with homemade Lemon Pesto. Knead herbs into the dough for the intriguing variations shown below: Lemon and Savory, Rosemary-Fig, and Onion and Sage.



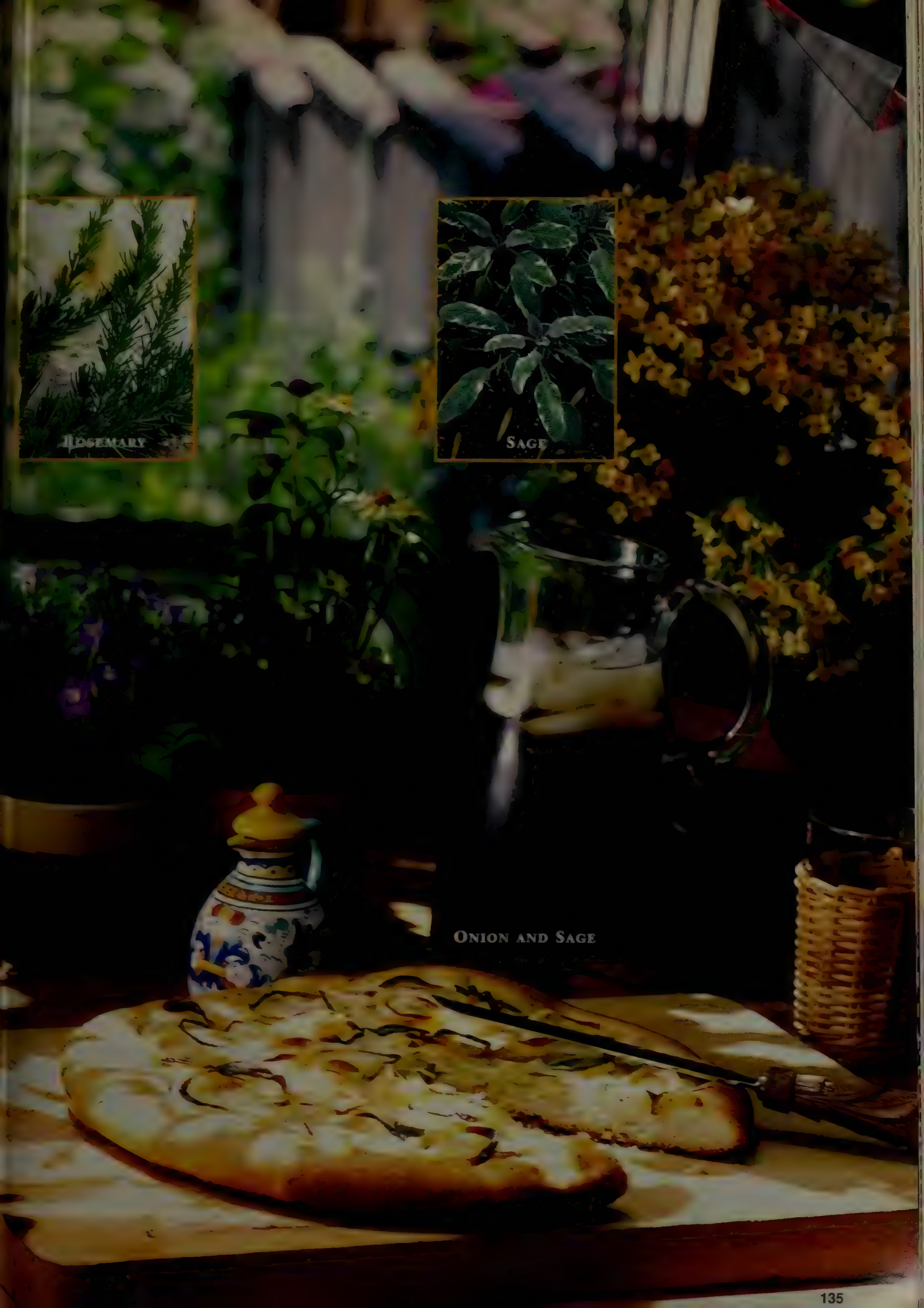
Basil

Lemon and Savory

Rosemary-Fig

Lemon Pesto

Recipes begin on page 151



ONION AND SAGE



LAVENDER ICE CREAM

LAVE



CONFETTI BUTTER

SUMMER FRUIT CUPS
with **LEMON VERBENA**

(below) A dessert this simple depends on the finest ingredients for its success. Start with juicy summer fruits, then drizzle on a syrup steeped with verbena leaves. The verbena lends a sweet, clean lemon flavor.



SUMMER FRUIT CUPS



CONFETTI BUTTER
with **CHERVIL**

(above) Bread and butter can get even better. Roll a butter log laced with bits of nasturtium blossoms in snipped chervil and gain a mild licorice taste.

ROSE GERANIUM JELLY
with **ROSE GERANIUM LEAVES**



(below) Scented geraniums can spice up more than your flower garden. The leaves, when lightly bruised, transform plain-Jane apply jelly into a lush spread for biscuits.



ROSE GERANIUM JELLY

LAVENDER ICE CREAM
with **LAVENDER**

(left) This one-of-a-kind ice cream harmonizes the ambrosial scent of flowering lavender and the sweetness of honey. Lavender buds make an alluring stand-in for mint in dessert recipes.

Recipes begin on page 153

snips of flavor





FRESH VEGETABLE BASKET AND BALSAMIC VINAIGRETTE *with* **THYME**

A basic oil and vinegar dressing spiked with snips of fresh thyme makes a basketful of vegetables even more enticing. The thyme adds a spicy, clovelike taste. Try it in other dishes as a substitute for oregano, savory, or basil.

Herb notes

Andrea Crawford offers these tips for fresh herbs—

• Be adventuresome and use fresh herbs freely. You can increase the amount called for in a recipe without sabotaging your dish because fresh herbs are usually less intense than dried.

• Smell an herb and take a small bite to learn about its flavor and intensity. This can help you use less-familiar herbs in your cooking. These descriptions are a starting point:

Basil: sweet perfume
Chervil: mild licorice
Chives: mild onion
Lavender: perfumy
Lemon thyme: hint of citrus
Lemon verbena: clean, sweet lemon
Mint: refreshing perfume
Nasturtium blossoms: hot and sharp like radish
Oregano: spicy, robust
Parsley: mild fresh taste
Rose geranium: intense old-fashioned rose
Rosemary: perfumy
Sage: pungent, slightly bitter
Savory: warm, peppery
Tarragon: subtle licorice

Recipe begins on page 156
Buying information page 140

Dole Canned Pineapple. Just In Time For The Holidays.



August 28. Fruit Tart.



July 4. Island Kabobs.

July 3. Air-Conditioning Appreciation Day. Cool off by freezing pineapple chunks into ice cubes. **July 4. Independence Day.** Island Kabobs. Skewer some chunks along with chicken, mushrooms and shrimp. Exercise your freedom of choice. *(Thread on skewers Dole® Pineapple Chunks, cubed chicken or jumbo shrimp, red or green bell pepper chunks and zucchini slices. Brush with barbecue sauce over grill.)* **July 11. 2000-Days-Before-the-Year-2000 Day.** Don't let the millennium end without trying crushed pineapple in a baked potato with jalapeño chilies and hot cheese sauce. **July 14. Bastille Day.** Le pineapple fruit parfait? Oui! **July 16. National Ice Cream Day.** Spoon crushed pineapple over your favorite flavor and drizzle with hot butterscotch sauce. **July 28. UFO Day.** It may look alien, but a pineapple ring on a chicken sandwich is out of this world. *(Grill or broil boneless chicken breast halves and Dole Pineapple Slices, brushing occasionally with honey mustard salad dressing. Serve chicken topped with pineapple slices and red bell pepper rings on sandwich rolls.)* **August 18. Bad Poetry Day.** Roses are red, violets are blue, try dipping a pineapple chunk in chocolate, it's delicious. **August 19. Aviation Day.** Crushed pineapple makes a perfect landing on cheesecake. **August 21. Hawaii Admission Day.** Turn dinner into a luau by adding pineapple chunks to chicken salad. **August 25. Kiss-and-Make-Up Day.** Bury the hatchet into a ham and pour crushed pineapple with BBQ sauce over the resulting slice. **August 28. Dream Day.** Dole Fruit Tart. One bite and you'll have to have someone pinch you. *(Press 1/2 package (20 oz.) prepared refrigerated sugar cookie dough onto an ungreased 12" pizza pan or cookie sheet. Bake at 350° F. 12-15 min. or until light brown. Cool completely. Beat 8 oz. cream cheese with 1/4 cup sugar, 1 tsp. vanilla and 1/4 cup juice from 20 oz. can Dole Pineapple Slices, until smooth. Spread over crust. Arrange drained pineapple slices and fresh fruit over top.)*



July 28. Maui Chicken Sandwich.



Hungry for more? Send a self-addressed stamped business envelope to: Dole Pineapple Recipes, P.O. Box 9042-K, Clinton, IA 52736-9042. We'll send you recipes to help you ring in the holidays all year long. *©1995 Dole Food Company, Inc. Dole® is a registered trademark of Dole Food Company, Inc.*

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.



Delicious views into the woods make dining a natural delight at our Home of the Year.

STYLE IN THE MAKING—PICTURE ARRANGING

Page 16 (*top left*): framed golf prints, "Golf I" and "Golf II" by Michael Harrison—Deck the Walls, 800/887-3325. **Leather wing chairs,** #4114, by Bradington-Young—available from Statements, 515/278-5100. **(*Center right*): poster,** (MA63B) "Map" by Jasper Johns—Poster Originals, Ltd., 800/638-0008. **Frame**—Deck the Walls, 800/887-3325. **Western end table**—Pier 1 Imports, 800/447-4371. **Checked chair,** #20-7381-7—Ethan Allen; for a store near you call 800/228-9229. **Denim slipcovered chair,** #4049; **denim slipcover,** "Blue Jeans," #449—Expressions, P.O. Box 6018, Metairie, LA 70006. **(*Bottom left*): fish poster,** "Three Brown Trout" by Klatt—The Art Store, 800/652-2225. **Zigzag box with iron base,** #6110; **chest, #4110**—Expressions (address above). **Ivy League Chairs**—Pier 1 Imports, 800/447-4371. **(*Bottom right*): low pedestal,** from the Fleur de Lis Collection; **chairs,** from the Antiqua Collection—Pier 1 Imports, 800/447-4371.

Page 18 (*top left*): poster, (E857) "I Like to Sing" by Ting—Poster Originals, Ltd., 800/638-0008. **Frames**—Deck the Walls, 800/887-3325. **(*Top right*): frames**—Deck the Walls, 800/887-3325. **(*Bottom left*): frames** (available in a kit set)—The Art Store, 800/652-2225. **(*Bottom right*): framed photographs** by Talbot—Deck the Walls, 800/887-3325.

Page 20 (*center right*): framed prints, "Topiary with Rose" and "Topiary with Pear" by Salem Graphics; **sofa,** #3441 from the Designer Series Collection by C.R. Laine—available from Artis, 515/244-3243. **Sconce,** #43-7878—Ethan Allen; for a store near you call 800/228-9229. **(*Bottom left*): framed poster,** "La Cirque" by Henri Matisse—Deck the Walls, 800/887-3325. **Plates on wall, Roma Dinnerware**—Pier 1 Imports, 800/447-4371. **Sofa,** #20-7134-6. **(*Left to right*): pillows,** #06-9202, #06-9146C, #06-9148A, #06-9147B—Ethan Allen; for a store near you call 800/228-9229. **(*Bottom right*): oil painting,** "Garden Path" by Sang Lee—available from Kenneth Paul Gallery, 515/278-4378. **Sofa,** #726-84 by Woodmark Originals—available from Artis, 515/244-3243. **Rechargeable picture light**—Exposures, 6405 Memory Ln., Dept. 00405, Oshkosh, WI 54906; for a free catalog call 800/572-2502.

GARDENER'S ALMANAC

Pages 66–69: peonies—Klehm Nursery, 4210 N. Duncan Rd., Champaign, IL 61821; 800/553-3715. Andre Viette Nursery, Dept. BHG, Rt. 1, Box 16, Fishersville, VA 22939; 702/943-2315. White Flower Farm, Dept. BHG, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600.

CAREFREE BEDS

Pages 73–78: Pee-Gee hydrangea (Hydrangea paniculata Grandiflora) and **winterberry** (Ilex verticillata)—Wayside Gardens, Hodges, SC 06759; 800/845-1125. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 503/846-6963, catalog $2. **Miscanthus Zebrinus** (Miscanthus sinensis Zebrinus) and **bergenia** (Bergenia cordifolia)—Kurt Bluemel, Inc., 2740 Greene Ln., Baldwin, MD 21013; 301/557-7229, catalog $2. Carroll Gardens, 444 East Main St., P.O. Box 310, Westminster, MD 21157; 301/848-5422, catalog $2.

A SUMMER PLACE

Page 83: windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **French doors**—Morgan Products Ltd., 601 Oregon St., P.O. Box 2446, Oshkosh, WI 54903-2446; 800/766-1992. **Antique wicker furniture**—Collected Works, 1405 Lake Ave., Wilmette, IL 60091. **Miniature chair and settee, two-story birdhouse**—Shops on Scranton, 37 E. Scranton, Lake Bluff, IL 60044. **Box on stool with dried flowers**—Some're Everlasting, 2 Market Square Ct., Lake Forest, IL 60045. **White and gray birdhouse on table**—The Country Shop, 710 Oak, Winnetka, IL 60093.

Pages 84–87: antique wicker chairs and dining table—Collected Works (address above). **Twig table, two-story birdhouse, green-roof birdhouse, and hand-painted vintage pillows**—Shops on Scranton (address above). **Birch stool, basket with dried flowers**—Some're Everlasting (address above). **Patchwork pillows and floral print pillows**—Ralph Lauren Home Collection, 1185 Ave. of the Americas, 9th Fl., New York, NY 10036. **Sisal rug**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128.

Page 88: fishing basket with dried flowers—Some're Everlasting (address above). **Pillows,** "Francesca & Allison Floral"—Ralph Lauren Home Collection (address above). **Solid white stain on beams and clapboard siding**—Olympic Stains, PPG Architectural Finishes, Inc., One PPG Pl., Pittsburg, PA 15272; 800/441-9695. **Paint on window trim,** (Brilliant White)—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862. **Paint on window sash,** (Antique White)—Muralo Co., 148 E. Fifth St., Bayonne, NJ 07002. **Ceiling fans**—Hunter Fan Co., 2500 Frisco Ave., Memphis TN 38114; 800/971-FANS.

DECORATING WITH PAPER

Page 102: paper lace trim, #3038—Linen and Lace, No. 4 Lafayette St., Washington, MO 63090; 800/332-5223.

Pages 104–105: lamp—Lights Up for George Kovacs, available from lighting showrooms.

Page 106: small paper bag with twig handle—available through designers only from Mainly Baskets.

HOME OF THE YEAR

Pages 118–119: furnishings—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293. **Code Plus Program**—APA–The Engineered Wood Assn., P.O. Box 11700, Tacoma, WA 98411. **Medium density overlaid (MDO) plywood lap,** "Eagle Classic" APA trademarked; **MDO LVL trim boards and fireplace surround**—Fourply Inc., P.O. Box 890, Grants Pass, OR 97526; 503/479-3301 **Shake roof**—LifePine Roofing Products of Savannah, 501B Stiles Ave., Savannah, GA 31402. **Joists and glulam beams,** "Wood I Beam" and "G-P Lam" LVL—Georgia-Pacific Corp., 133 Peachtree St., NE, Atlanta, GA 30303; 800/BUILD-GP. **Front door**—Benchmark, Div. of General Products Co., P.O. Box 7387, Fredericksburg, VA 22404. **Retaining wall**—Keystone Retaining Wall Systems Inc., 444 W. 78th St., Minneapolis, MN 55435. **Exterior paint,** (English Pinewood and Cormorant); **interior paint,** (Sand Dollar)—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115. **Pine V-groove ceiling planks and pine tongue-and-groove column veneer**—Southern Forest Products Assn., P.O. Box 641700, Kenner, LA 70064-1700. **Cabinets,** "Monaco" (Honey and Black)—Canac Kitchens Ltd., 360 John St., Thornhill, Ontario, Canada L3T 3M9.

Pages 120–121: sofa, #1528-33; **fabric,** #5913-44; **chairs,** #8125-11, "De Christofaro" collection; **fabric,** #7324-24; **butterfly table,** #723-942, "Old Salem" collection; **cocktail table,** #433-946C; **dining table,** #544-877C; **chairs,** #544-844; **fabric,** #3801, "Senergy" collection—Lexington Furniture Ind. (address above). **Painting,** "Little Buffalo River" by Robert Skagg—Cumberland Gallery, 4107 Hillsboro Circle, Nashville, TN 37215. **Ceramic candlesticks**—Michael Lamar for The American Artisan, Inc., 4231 Harding Rd., Nashville, TN 37205. **Coco-fiber rug, table lamp**—Ballard Design; for product information call 404/352-1355. **Windows and French doors**—Hurd Millwork Co. Inc., 575 S. Whelan Ave., Medford, WI 54451. **Hardware**—Baldwin Hardware Corp., 841 E. Wyomissing Blvd., P.O. Box 15048, Reading, PA 19612. **Oak floors**— (Mojave Wheat)—Harris-Tarkett, Inc., P.O. Box 300, Johnson City, TN 37605-0300; 800/842-7816. **Raised hearth,** "Matterhorn"—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19898-0702; 800/426-7426. **Fireplace**—Majestic Co., 1000 E. Market St., Huntington, IN 46750-2579; 800/525-1898. **Paint**—The Glidden Co. (address above). **Rug,** "Zenith" #350 (Black)—Capel, Inc., P.O. Box 751801, Charlotte, NC 28275-1801. **Glass bowl,** "Provence"; **footed bowl,** "Fairy Tail"—Royal Copenhagen Inc., 27 Holland Ave., White Plains, NY 10603. **Painting,** "Zola" by Kathryn Dettwiller—Folon & Rigsby Gallery, 2214 Brandywood Dr., Nashville, TN 37215. **Floor lamp,** #9A "Cocoon"—Luz Lampcraft Inc., 790 Greenwich St., No. 3, New York, NY 10014. **Bonsai tree**—Nashville Bonsai Society, 1206 Graybar Ln., Nashville, TN 37215. **Stone on hearth**—Stones, P.O. Box 250, Mountain Rd., Stowe, VT 05672. **Pillows**—Eastern Accents, 954 W. Washington Blvd., Chicago, IL 60607. **Silver low bowl**—Swid Powell, 55 W. 13th St., New York, NY 10011.

Pages 122–123: dining table, #433-870,

continued on page 145

Buying Guide

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"Senergy" collection; **plate rack,** #731-933; **Windsor chairs,** #723-884, "Old Salem" collection—Lexington Furniture Ind. (address above). **Sisal rug**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Dishes, platters, ceramic pitcher**—The American Artisan, Inc. (address above). **Painted chest, window box**—Victorian Galleries, 2418 Nollansville Rd., Nashville, TN 37211. **Basket**—Claudia Leo; for product information call 703/323-9096. **Barstools**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Appliances**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Countertops,** "Kilimanjaro"—DuPont Corian (address above). **Faucet**—Kohler Co., Kohler, WI 53044. **Skylights**—Velux-America Inc., P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. **Aluminum micro blinds,** "Lightlines Designer Series"—Hunter Douglas Window Fashions, Two Pky., Rte. 17 S, Upper Saddle River, NJ 07458; 800/937-7895. **Recessed lighting,** "Air-Loc IC"—Juno Lighting, Inc., P.O. Box 5065, Des Plaines, IL 60017-5065. **Lighting controls**—Lutron Electronics Co., Inc., 7200 Suter Rd., Coopersburg, PA 18036-1299.

Pages 124–125: headboard, bedding, Roman shades—Drapery House, 618 Thompson Ln., Nashville, TN 37204. **Lamps**—Ballard Designs, for product information call 404/352-1355. **Writing desk,** #723-980; **Windsor chair,** #723-884, "Old Salem"; **night stand,** #433-624C, "Senergy"—Lexington Furniture Ind. (address above). **Mattress,** "Fluffo"—Capital City Mattress Co. Inc., 900 Main, Nashville, TN 37206. **Artwork,** "Gone With the Wind" by Rex Weston—Folon & Rigsby Gallery (address above). **Chest**—Victorian Galleries (address above). **Throw, pillow,** "Cut Velvet" (Sage)—Ann Gish, 3533 Old Conejo Rd., Newbury Park, CA 91320. **Area rug,** "Marengo" #600 (Natural)—Capel, Inc. (address above). **Silk pillows**—Latino, 4400 Second St. N.W., Albuquerque, NM 87107. **Paperweight, basket, vase**—The American Artisan Inc. (address above). **Jetted tub, shower, shower faucet tower, sink pedestal, faucets**—Kohler Co. (address above). **Tile,** "Cross-Colors" (Platinum and Empress White)—Crossville Ceramics, P.O. Box 1168, Crossville, TN 38557. **Shower walls, tub surround**—DuPont Corian (address above). **Bedroom paint,** (West Indies, Rill Green, Green Smoke, and Silver Maple)—The Glidden Co. (address above). **Paint treatment**—Drops Everything Scenic Specialties, 106 Cummings Ct., Antioch, TN 37013. **Towels,** "Charisma" (Silver)—Fieldcrest Cannon, Inc., for product information call 800/841-3336. **Bath accessories**—Tanner & Co., 2109 Abbot Martin Rd., Nashville, TN 37215. **Window, doors**—Hurd Millwork Co., Inc. (address above). **Hardware**—Baldwin Hardware Co. (address above). **Window shades,** "Vignette"—Hunter Douglas Window Fashions, Customer Service Information Center, Three Duette Way, Broomfield, CO 80020; 800/HD-SHADE.

Page 126: nightstand, #411-622; **side chair,** #411-880, "De Christofaro" collection; **lockers,** #579-591L and 579-591R; **bulletin board bed, storage unit,** #579-184HB and #579-795—Lexington Furniture Ind. (address above). **Paper lamp,** #4C—Luz Lampcraft Inc. (address above). **Artwork,** "Untitled" and "Double Leaf" by Bryan Harrington—Cumberland Gallery (address above). **Area rug,** "Tribal Kashmir Tortoise" #540 (Ivory)—Capel, Inc. (address above). **Heating**—Lennox Ind., Inc., P.O. Box 799900, Dallas, TX 75379. **Electronic controls**—Elan Advanced Home Network, Square D Co., Two Lexington Green, Ste. 200, Lexington, KY 40503; 800/767-0914, ext. 115. **Electronic installations**—Nicholson Stereo, 115 19th S, Nashville, TN 37203. **Security system**—Westec Security Inc., 100 Bayview Ct., Newport Beach, CA 92660. **Security**—ADS Security and Control, 700 Inverness Ave., Ste. 101, Nashville, TN 37204-2759. **Window shades,** "Vignette"—Hunter Douglas Window Fashions (address above).

SNIPS OF FLAVOR

Page 131: all fresh herbs—Kenter Canyon Farms, 13402B Wyandotte St., North Hollywood, CA 91605. **Plate**—Crate & Barrel, 725 Landwehr, Northbrook, IL 60062. **Table**—Santa Monica Antique Market, 1607 Lincoln Blvd., Santa Monica, CA 90404.

Page 133: wine glass—Crate & Barrel, 725 Landwehr, Northbrook, IL 60062.

Pages 134–135: French garden chair and bread knife—Santa Monica Antique Market (address above). **Pitcher, wooden spreader, and wire basket**—Crate & Barrel (address above). **Drinking glass**—The Pottery Barn; for store nearest you, 800/922-9934.

Page 136: beaded plate—Tesoro, 319 S. Robertson Blvd., Los Angeles, CA 90048. **Napkin**—Crate & Barrel (address above).

Page 137: dessert glasses—Crate & Barrel (address above).

Page 146: knife—Santa Monica Antique Market (address above).

PRIZE TESTED RECIPES®

Page 161 (*left*): plate, "Palazzo"—Sasaki, 41 Madison Ave., New York, NY 10010.

Page 162 (*right*): plates, "Acadia"—Pfaltzgraff, 140 E. Market St., York, PA 17401.

Architects & Designers

GARDENER'S ALMANAC

Pages 66–69: Designer—John Herbst Jr. & Assoc., 7610 SW. 17th Dr., Portland, OR 97219; 503/246-8228. Mary Anne Cassin & Ken Meyer, 3541 SW Vermont St., Portland, OR 97219; 503/245-8465.

CAREFREE BEDS

Pages 73–78: Designers—Tad Anderson/Kay Weber-Anderson, Anderson Landscape Design Services, P.O. Box 5264, Minnetonka, MN 55343; 612/473-8387. Kay Weber-Anderson, Weber Horticultural Services, P.O. Box 5264, Minnetonka, MN 55343.

A SUMMER PLACE

Pages 83–88: Architect—Stephen R. Knutson, AIA, 1234 Sherman Ave., Evanston, IL 60202. **Contractor**—Rob Wickenkamp, Elmshire Builders, Inc., 3628 Elmshire, McHenry, IL 60050. **Landscape and fence designer**—Jim Martin, Martin Assoc., 24380 N. Hwy. 45, Vernon Hills, IL 60061. **Painter**—Hank Kroll, Sunny Decorating and Remodeling, 1422 W. Thomas, Arlington Heights, IL 60004.

HOME OF THE YEAR

Pages 117–129: Architect—David A. Brown, AIA, 565 Mohawk Dr., Boulder, CO 80303. **Builder**—Dean Davenport, Davenport Construction Inc., 6518 Hwy. 100, Nashville, TN 38205. **Lighting design**—Steve Hayes, Lightlines, 631 Second Ave. S, Nashville, TN 37224. **Interior design**—Joseph Boehm, *Better Homes and Gardens.*

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Snips of Flavor

continued from page 138



Parsley, sage, rosemary, and thyme—rub this familiar blend of herbs over chicken, then roast. Serve the Herb-Roasted Chicken with Four-Cheese Polenta.

HERB-ROASTED CHICKEN

Seasoned with herbs and lemon both inside and out, each slice of meat is aromatic, moist, and flavorful.

- 1 medium lemon
- 2 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 Tbsp. minced fresh parsley, stems reserved
- 2 tsp. minced fresh thyme, stems reserved
- 2 tsp. minced fresh sage, stems reserved
- ½ tsp. minced fresh rosemary, stems reserved
- ½ tsp. salt
- ¼ tsp. pepper
- 1 3- to 3½-lb. broiler-fryer chicken

Finely shred the peel from the lemon, avoiding the bitter white pithy layer. (You should have about 1 teaspoon peel.) Remove remaining white layer from lemon. Halve lemon. For herb paste, in a small bowl combine lemon peel, olive oil, garlic, minced parsley and herbs, salt, and pepper.

Rinse chicken; pat dry. Rub herb paste over chicken. Place reserved herb stems and lemon halves inside the chicken. Tie drumsticks to tail. Twist wing tips under back.

Place chicken, breast side down, on a rack in a shallow roasting pan. Roast in a 400° oven for 30 minutes. Carefully turn the chicken, breast side up; roast for 30 to 35 minutes more or till no longer pink and drumsticks move easily in their sockets. (If using a meat thermometer, insert into the bird after it has been turned breast side up. Insert thermometer into the center of one of the inside thigh muscles. The bulb should not touch the bone. The chicken is done when the thermometer registers 180° to 185°.)

Remove herb stems and lemon from cavity. Cover chicken loosely with foil; let stand for 10 minutes before carving. Serve with Four-Cheese Polenta. If desired, garnish plates with additional herb sprigs. Makes 4 main-dish servings.

Nutrition facts per serving: 389 cal., 25 g total fat (6 g sat. fat), 118 mg chol., 377 mg sodium, 2 g carbo., 37 g pro. Daily Value: 6% vit. A, 17% vit. C, 2% calcium, and 12% iron.

FOUR-CHEESE POLENTA

Coarse cornmeal gives this Italian porridge a hearty, grainy texture.

- 1 cup coarse-ground yellow cornmeal, instant polenta, or yellow cornmeal
- 3½ cups cold water
- ½ tsp. salt
- 2 Tbsp. unsalted butter or margarine, cut up
- ¼ cup ricotta cheese
- ¼ cup shredded fontina cheese
- ¼ cup shredded mozzarella cheese
- ¼ cup finely shredded Parmesan cheese

In a medium bowl combine cornmeal or polenta with *1 cup* of the cold water. In a 2-quart saucepan combine remaining 2½ cups water and salt; bring to boiling. Slowly ladle cornmeal mixture into the boiling water, stirring constantly. Cook and stir till the mixture returns to boiling. Reduce heat; simmer, uncovered, for 10 minutes or till very thick, stirring frequently. Reduce heat to low. Stir in butter or margarine. Stir in the cheeses, one at a time, stirring well after each addition. Remove from heat as soon as the cheese is melted. Immediately spoon onto plates or prepare Polenta Slices. Makes 6 to 8 side-dish servings.

Nutrition facts per serving: 182 cal., 8 g total fat (5 g sat. fat), 25 mg chol., 333 mg sodium, 19 g carbo., 1 g fiber, 7 g pro. Daily Value: 9% vit. A, 12% calcium, and 7% iron.

Polenta Slices: Pour hot cooked polenta into an ungreased 7½x3½x2-inch loaf pan. Cool. Cover; chill several hours or overnight. Turn out of the pan; cut into ½-inch-thick slices. In a large skillet cook slices in cooking oil or butter over medium heat for 10 to 12 minutes per side or till brown and crisp.

continued on page 150

HAT GOES WITH STIR-FRY?







Mandarin Chicken & Vegetables

Next time you stir-fry, save yourself the trouble of creating your own sauce. Instead, season with genuine Kikkoman Stir-Fry Sauce. It adds a unique flavor, and it's easy to use. Simply pour 1/4 cup over chicken and 6-8 cups of cut vegetables, stir, and serve with rice.

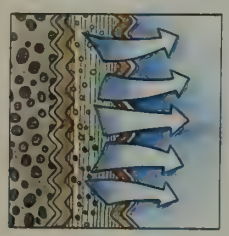
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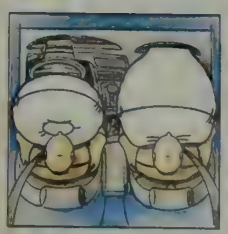
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If desired, squeeze lemon over each serving. Makes 6 main-dish or 10 side-dish servings.

**Note:* The herb leaves are easier to remove from the stems if you plunge the herb bunches briefly into ice water. Shake off excess water before removing leaves.

Nutrition facts per main-dish serving: 354 cal., 6 g total fat (1 g sat. fat), 0 mg chol., 9 mg sodium, 63 g carbo., 1 g fiber, 11 g pro. Daily Value: 11% vit. A, 22% vit. C, 3% calcium, 21% iron.

PASTA AND SICILIAN TOMATO SAUCE

You'll need to use your food processor for this chunky sauce; a blender doesn't achieve the right consistency. On hot days, you won't mind fixing this fresh tasting dish—the sauce doesn't need cooking.

- 8 oz. mostaccioli or penne pasta
- ¼ cup pine nuts or chopped almonds
- ¼ cup grated firm pecorino or Parmesan cheese
- 2 cloves garlic, minced
- 2 cups loosely packed fresh basil leaves, chopped
- ¼ cup olive oil
- 1½ lb. ripe tomatoes, peeled, seeded, and cut into chunks
- ½ tsp. salt
- ⅛ tsp. pepper

Snips of Flavor

continued from page 146

MIXED HERB PASTA SALAD

Cress leaves add a pungent, peppery taste to this easy summer-fresh salad. For a lighter flavor, use spinach in place of the arugula and less of the strong-flavored herbs, such as oregano, tarragon, and savory. Serve the salad at room temperature; chill any leftovers.

- 16 oz. spaghetti or fettuccine
- 2 cups small arugula leaves or torn fresh spinach
- 1 cup packed assorted fresh herb leaves, stems removed*, such as basil, chives, oregano, savory, thyme, tarragon, and Italian parsley
- 1 cup curly cress or watercress leaves
- 12 to 16 cherry tomatoes, halved
- Olive oil
- Lemon wedges (optional)

Cook pasta according to package directions. Drain; rinse with cold water. Transfer to a large serving bowl.

Add arugula or spinach, herbs, curly cress or watercress, and tomatoes. Drizzle with oil (about 2 tablespoons); toss to coat. Season to taste with salt.





Cook mostaccioli or penne pasta according to package directions. Drain and keep warm.

Meanwhile, for sauce, in a food processor bowl combine pine nuts, cheese, and garlic. Cover and process till chopped. Add about *half* the basil and all of the oil; process till basil is chopped, stopping the machine occasionally to scrape the sides. Add remaining basil and repeat. Add tomatoes; process with several on/off turns; the tomatoes should remain chunky. (If mixture is too smooth, add some chopped fresh tomato.) Season to taste with salt and pepper.

If you prefer a warm sauce, pour sauce into a saucepan; heat through. Serve sauce over pasta. Makes 4 main-dish or 8 side-dish servings.

Nutrition facts per main-dish serving: 459 cal., 22 g total fat (4 g sat. fat), 5 mg chol., 400 mg sodium, 55 g carbo., 3 g fiber, 14 g pro. Daily Value: 11% vit. A, 55% vit. C, 12% calcium, 26% iron.

FOCACCIA

Top the plain dough with Lemon Pesto, or follow through with one of the three flavor variations.

- 3 cups all-purpose flour
- 1 tsp. active dry yeast
- 1 tsp. sugar
- ¾ tsp. salt
- ¾ cup warm water (120° to 130°)
- ¼ cup olive oil
- ⅓ cup Lemon Pesto (see recipe, page 152) (optional)

In a large mixing bowl stir together flour, yeast, sugar, and salt. Add about *half* of the warm water. Do not stir. Let stand until yeast foams (about 10 minutes). Add remaining water, the ¼ cup olive oil, and desired seasonings (see variations, page 152). Mix well.

Turn dough out onto a lightly floured surface. Knead for 3 minutes. Shape dough into a ball. Place in a lightly greased large bowl; turn once to grease the surface. Cover and let rise till double (about 50 minutes).

Grease a 12-inch pizza pan; place dough on pan. Use the palms of your hands to pat the dough into an even round, just slightly smaller than the pan. Using your fingertips, poke the dough (see photo, page 152).

Spread ⅓ cup Lemon Pesto over dough or add toppings (see variations, page 152). Cover loosely; let rise for 30 minutes. If preparing one of the variations, brush with additional olive oil (about 1 tablespoon); do not brush with oil if the dough is topped with Lemon Pesto. Bake in a 400° oven for 25 to 30 minutes or till golden brown. Serve warm or cool, cut in wedges. Makes 12 servings.

Nutrition facts per serving of plain Focaccia: 147 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 134 mg sodium, 22 g carbo., 1 g fiber, 3 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, 9% iron.

continued on page 152

Snips of Flavor

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Onion and Sage Focaccia: Prepare Focaccia as directed on page 151, *except* add 3 tablespoons snipped fresh sage, 1 tablespoon dry white wine, and ¼ teaspoon pepper to the dough where the recipe indicates to add desired seasonings. Cut 1 small onion into very thin slices; separate slices. After poking the flattened dough, gently press onion and sage leaves onto the dough.

Rosemary-Fig Focaccia: Prepare Focaccia as directed on page 151 *except* add ½ cup finely chopped almonds, ¼ cup chopped dried figs, and 2 teaspoons snipped fresh rosemary or lemon thyme to the dough where the recipe indicates to add desired seasonings.

Lemon and Savory Focaccia: Prepare Focaccia as directed on page 151 *except* add ¼ cup coarsely chopped pitted ripe olives and 3 tablespoons snipped fresh savory to the dough where the recipe indicates to add desired seasonings. Continue as directed. If desired, cut 1 small unpeeled lemon into very thin slices, carefully arranging lemon slices atop the Focaccia for the last 5 minutes of baking.



Using your fingertips, poke the Focaccia dough all over to dimple the surface.

LEMON PESTO

Spread this zesty almond paste on the Focaccia before baking. Or, toss the pesto with hot pasta (figure on 1 pound uncooked pasta to 1 cup pesto).

- ¼ cup blanched whole almonds
- 2 large cloves garlic, quartered
- 3 cups loosely packed fresh basil leaves
- ½ cup olive oil
- ¼ cup grated Parmesan cheese
- 3 Tbsp. lemon juice

In a food processor bowl or blender container cover and process almonds till finely chopped. Add garlic; process just till blended. Add basil leaves. With machine running slowly, gradually add oil in a thin, steady stream, processing till the mixture is combined and slightly chunky. Add Parmesan cheese and lemon juice. Process or blend just till combined. Makes 1 cup.

MONDAY TUESDAY WEDNESDAY



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Nutrition facts per teaspoon: 26 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 10 mg sodium, 0 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 0% vit. C, 1% calcium, and 0% iron.

To freeze Lemon Pesto: Freeze pesto in a freezer container for up to 3 months. Thaw overnight in the refrigerator or defrost for 3 minutes in the microwave at 30% power.

LAVENDER ICE CREAM

If lavender isn't available, try mint or lemon verbena leaves.

- 4 cups whole milk
- ½ cup sugar
- ¼ cup honey
- 3 whole fresh lavender tops (each about 5 inches long); 2 Tbsp. dried lavender; or ¼ cup loosely packed fresh mint leaves, bruised*
- Fresh raspberries (optional)
- Fresh lavender buds (optional)

In a heavy medium saucepan cook milk over medium heat till hot but not boiling. Remove from heat; stir in sugar, honey, and lavender or mint. Cover and steep till mixture has cooled to room temperature (45 to 60 minutes). Strain milk mixture; discard lavender or mint.

Freeze mixture in a 2-quart ice-cream freezer according to manufacturer's directions. Transfer frozen ice cream to a clean freezer container with a tight fitting lid; pack down with a spoon. Freeze for at least 4 hours or for up to 1 month. Let stand 5 minutes before serving.

Serve ice cream with fresh raspberries and sprinkle with lavender buds, if desired. Makes 10 servings.

**Note:* To bruise the mint leaves, lightly crush with the back of a spoon. Bruising releases more flavor.

Nutrition facts per serving: 125 cal., 3 g total fat (2 g sat. fat), 13 mg chol., 49 mg sodium, 21 g carbo., 3 g pro.

SUMMER FRUIT CUPS

Try the refreshing lemon-mint syrup with melon, grapes, pineapple, or any of your favorite fruits.

- 1 cup water
- ½ cup sugar
- ¼ cup whole lemon verbena leaves or 1 tsp. finely shredded lemon peel
- ¼ cup loosely packed mint leaves
- 2 cups apricot slices
- 2 cups nectarine slices
- 1 cup boysenberries, blackberries, and/or raspberries
- ¼ cup loosely packed mint leaves

In a 1-quart saucepan combine water, sugar, lemon verbena or lemon peel, and the first ¼ cup mint leaves. Cook and stir over medium heat till bubbly; reduce heat. Cover and simmer for 10 minutes. Strain,

continued on page 155



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ɔnight's Delights



Lemon & Basil Chicken

blespoons vegetable or olive oil; 4 boneless, hless chicken breast halves (about 1 lb.); edium onion, sliced; 1 medium red or en pepper, cut into strips; ½ cup cken broth; 2 tablespoons lem- juice; ¼ teaspoon salt; ablespoon chopped sh basil leaves; easpoon ted lemon peel (optional).

In 12-inch skillet, heat 2 tablespoons oil over medium-high heat and brown chicken; remove and set aside. In same skillet, at remaining 1 tablespoon oil over medium at and cook onion 2 minutes. Add red or een pepper and cook 1 minute. Stir in icken broth, lemon juice and salt. Bring to oil over high heat. Reduce heat to low; turn chicken to skillet. Simmer covered 10 inutes or until chicken is done. Stir in basil d lemon peel. Makes about 4 servings.



Chicken Tetrazzini Dinner

½ cups water; ½ cup milk; 1 tablespoon argarine or butter; 1 package Lipton Noodles Sauce–Chicken Flavor Tetrazzini; 2 cups t-up cooked chicken or turkey; ½ cup awed frozen or drained canned peas; 2 table- oons grated Parmesan cheese (optional).

medium saucepan, bring water, milk and argarine to the boiling point. Stir in Noodles Sauce–Chicken Flavor trazzini and continue boil- g over medium heat, stirring casionally, 6 minutes. Stir chicken, peas and cheese. ntinue boiling 2 minutes until noodles are tender d chicken is heated through. akes about 2 servings.



Snips of Flavor

continued from page 153

discarding lemon verbena and mint. Cool. Use immediately or cover and chill for up to 3 days.

In a large bowl combine apricots, nectarines, berries, and remaining mint. Drizzle with cooled syrup. Serve fruit mixture immediately or cover and chill for up to 3 hours. Makes 8 servings.

Nutrition facts per serving: 95 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 24 g carbo., 2 g fiber, 1 g pro. Daily Value: 12% vit. A, 15% vit. C, 1% calcium, 8% iron.



Shape butter into a log and roll in snipped chervil or parsley.

CONFETTI BUTTER

Serve with your favorite bread or steamed vegetable.

- ¾ cup butter, slightly softened
- ½ cup finely chopped nasturtium blossoms*
- 5 Tbsp. finely chopped fresh chervil or parsley

In a small mixing bowl combine butter, nasturtium blossoms, and *2 tablespoons* of chervil or parsley. Using a fork, blend the blossoms and herb into the butter. Don't overwork; the butter can become too soft for shaping. On a 12x8-inch sheet of waxed paper, shape the butter mixture into a log about 6 inches long. Lightly roll the log in remaining snipped chervil or parsley.

Wrap log in the waxed paper and chill till firm or for up to 3 days. To freeze, wrap log in freezer wrap and freeze for up to 3 months. If frozen, thaw in the refrigerator overnight before serving. Serve with bread slices. Makes 1 log (18 slices).

**Note:* All nasturtium blossoms are edible, but make sure you use pesticide-free blossoms. Your best bet is using homegrown flowers or those raised commercially for eating.

Nutrition facts per slice of Confetti Butter: 67 cal., 8 g total fat (5 g sat. fat), 20 mg chol., 78 mg sodium, 0 g carbo., 0 g fiber, 0 g pro. Daily Value: 7% vit. A, 2% vit. C, 0% calcium, 3% iron.

ROSE GERANIUM JELLY

Here's an easy way to dress up a jar of purchased jelly. Fresh thyme or opal basil can be used instead.

- ¼ to ⅓ cup loosely packed rose geranium leaves with stems
- 1 18-oz. jar apple jelly

With clean kitchen string, tie geranium leaves together in a bunch. In a small saucepan melt apple jelly over medium heat. When jelly is melted, add the bundle of leaves. Simmer, uncovered, over low heat about 10 minutes.

Remove from heat; discard geranium leaves. Skim foam. Pour into a serving bowl or jar. Cover and cool. As the jelly cools, it will set up. Chill to store. Serve with biscuits or toast. Makes about 1½ cups.

Nutrition facts per tablespoon: 58 cal., 0 g total fat, 0 mg chol., 4 mg sodium, 15 g carbo., 0 g pro.



When the jelly is melted, carefully add the bundle of geranium leaves.

continued on page 156

Cherry Almond Tart

Crust

1/2 cup finely ground blanched almonds, about 2 oz.
1 3/4 cups all-purpose flour
1/2 cup confectioner's sugar
1/2 cup unsalted butter, chilled and cut into small pieces
1 egg, lightly beaten

Filling

1 21 oz. can cherry pie filling
2 tablespoons orange liqueur
1 teaspoon grated orange zest

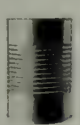
1. Combine almonds, flour and sugar in bowl of food processor. Scatter butter on top and process just until mixture resembles coarse crumbs. Add egg and process just until dough gathers in a ball. Divide dough into two pieces, one slightly larger than the other, and shape into flattened discs. Wrap in plastic wrap and chill for 30 minutes.

2. Preheat oven to 375°. Combine cherry pie filling, liqueur and orange zest.

3. Roll out larger disc of pastry into 11 in. circle and place in 9 in. tart pan with removable bottom; trim edges. Roll out smaller disc of pastry into 10 in. circle; cut into ten 3/4 in. wide strips for lattice top.

4. Spoon filling into tart pan. Arrange strips in lattice pattern on top of filling. Trim to fit and gently press ends into pastry shell. Bake until pastry is golden brown, 40-45 minutes. Cool on wire rack 10-20 minutes. Remove side of pan and let cool completely. Dust with powdered sugar before serving.

Please don't forget to recycle your steel cans.



What's In A Can?

Thousands of items that are good food for you–in packaging that is good for the environment!

- Today, more than 1,500 food items come in cans. The surprising variety of canned food ranges from Artichoke hearts to Zucchini, with many new and exciting ethnic and specialty food items in between!
- More than 37 billion cans of food are produced each year in the United States and Canada.
- After steel food cans are collected through more than 14,000 community recycling programs in the U.S. and Canada, they are melted and the steel is recycled into an endless variety of new products–including cars, toys, bicycles, appliances, construction materials and more food cans.

PLEASE RECYCLE STEEL

STEEL PACKAGING COUNCIL.
AMERICAN IRON AND STEEL INSTITUTE

Snips of Flavor

continued from page 155

BALSAMIC VINAIGRETTE

For parties, combine a variety of cut-up vegetables in a basket with a cruet of vinaigrette. For the basket on page 138, we used fresh sweet peppers, carrots, tomatoes, cucumbers, and zucchini, plus cooked new potatoes, asparagus spears, baby squash, baby artichokes, green beans, and pea pods.

⅔ cup olive oil
⅓ cup balsamic vinegar
1 Tbsp. finely chopped shallots
1 Tbsp. snipped fresh basil
2 tsp. snipped fresh thyme
1 tsp. sugar

In a screw-top jar combine all of the ingredients. Cover and shake to mix. Season to taste with salt and pepper. Cover and chill for up to 7 days; let stand at room temperature for 20 minutes before using. Shake before serving. Serve with vegetables or salad greens. Makes 1 cup.

Nutrition facts per teaspoon: 29 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 0 mg sodium, 1 g carbo., 0 g fiber.

Note: You might try chervil and chive in place of the basil and thyme.

YEAR-ROUND HERBS

When the growing season is almost over, Andrea Crawford dries fresh perennial herbs for year-round use. To preserve annuals, she blends herb with oil, then freezes them.

Drying perennials (lavender, sage, marjoram, oregano, thyme, rosemary, tarragon):

• Gathering—Pick the plants in the morning after the dew has dried. Gather herbs into small bunches, securing with rubber bands, twist ties, or strands of raffia.

• Drying—Thread the herb bundles onto a sturdy cord; hang in a cool, dark, dry place. After about a week when leaves crumble, they are ready for long-term storage.

• Storing—If space allows, keep the herbs on the stem to keep the flavor as long as possible. Leave them in bundles, gathering like kinds together into a paper bag. Store them in a cool, dark, dry place. To prepare small batches for cooking, place a few dry bundles into a paper bag, holding it closed, and pounding the herbs with the palm of your hand. Rub the stems with your fingers to remove any remaining leaves. Store the dry leaves in clean glass jars. Throw the stems into your fireplace or grill for an aromatic smoke.

• Cooking—One tablespoon of dried herb equals a handful of the fresh version. You use less of the dried herb because the oils become concentrated when dried.

Freezing annuals (basil, chervil, cilantro, dill, parsley, savory):

• Harvesting—Harvest herbs in the morning after dew has dried. Rinse; dry well. Remove leaves; discard stems.

• Processing—Place herb leaves in a food processor or blender container; pulse on and off, drizzling with enough olive oil to form a paste.

• Freezing—Spoon the mixture into ice cube trays; freeze till firm. Pop out the frozen cubes and transfer to freezer bags. Seal, label, and freeze.

• Cooking—Stir frozen cubes into dishes at the end of cooking for a delightful burst of summer flavor.

REFRIGERATING FRESH HERBS

When buying herbs by the bunch, store them in a loose-fitting plastic bag in the crisper drawer of your refrigerator. Perennial herbs will last for weeks. Annual herbs are more fragile; use within a few days.

RESERVE YOUR COPY OF THE BETTER HOMES AND GARDENS 1995 ANNUAL RECIPES

For additional recipes using fresh herbs, try our soon-to-be-released 320-page cookbook that includes every recipe published in the 1995 issues of our magazine. Over 500 recipes in all. This book is not available in stores. Call now to reserve your copy (800/678-2665). Books will be shipped around December 1st.



What's In A Can Will Surprise You.

The pastry shell was made from scratch. The almonds came from the Mediterranean. And the cherries are from somewhere you'll find hard to believe.

Plump, juicy, tree-ripened cherries are probably the last things you'd expect to find in a can on your grocer's shelf. But the fact is, today's modern steel can has proven to be one of the best ways to preserve the taste and nutrition



that nature gives to over 1500 different foods. So try the recipe on the opposite page for Cherry Almond Tart, and be sure to use canned cherries. You'll find them to be the most delicious thing that ever happened to a dessert.

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Try new Buffalo Wings from Shake 'N Bake®

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CAUTION: Guests might not leave.

BH&G PRIZE TESTED RECIPES®

Win Money And Prizes

ONE ANNUAL GRAND PRIZE:
FRIGIDAIRE GALLERY COLLECTION APPLIANCES
(refrigerator, dishwasher, microwave oven, and range; estimated retail value: $2,200)
EACH MONTH: TWO $200 WINNERS, TWO $100 WINNERS, SIX HONOR ROLLS
All winners receive an ALL-CLAD 6-quart Stainless Steel Stockpot.

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Enter recipes that fit the two recipe categories announced each month. Then, seven months later, we feature the four top recipes on the Prize Tested Recipes pages. At the end of the year, winners are eligible to win our grand prize.

HINTS FOR THIS MONTH'S CATEGORIES

Breakfast and Brunch Favorites: Open our eyes with your delicious eye-openers. Pancakes, cereals, quiches, and other egg dishes may win a blue ribbon for breakfast.

Mushroom Ideas: Hunt through your files for recipes using fresh, dried, or canned mushrooms. Appetizers, entrées, and side dishes may contain your favorite fungi—button, shiitake, or other varieties.

THIS MONTH'S WINNERS

see pages 161 and 162

All winners received a BRAUN Juice Extractor

$200 Winners: Devon Delaney, Princeton, N.J.; Rosalyn Messick, Garland, Texas

$100 Winners: Sharon Oliver, Poteau, Okla.; Paul Payne, San Rafael, Calif.

Honor Roll: Kate Blood, Oakland, Calif.; Cheryl L. Dallesandro, Albany, N.Y.; Joseph Divita, Tonawanda, N.Y.; Adrienne Miller, Seattle, Wash.; Marilou Robinson, Portland, Ore.; Gladys Traylor, Rome, Ga.

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name, address, and recipe marked "March Breakfast and Brunch Favorites" or "March Mushroom Ideas." Specify brands and recipe origin. 3. Address recipes to 9603 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Postmark all entries by August 31, 1995. 5. Monthly winners will be selected about 60 days later, then notified by mail. The annual grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and will be notified by mail. Winners must sign an affidavit and release. 6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law.



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PRIZE TESTED RECIPES®

see page 158 for details

$200 WINNER

Rosalyn Messick, Garland, Texas, in the Potluck Casseroles Category.
August 1995



Tex-Mex Chicken 'n' Rice Casserole

Rice goes twice in this crowd pleaser—as plain rice and as rice-vermicelli mix.

- 1 cup chopped onion
- 2 Tbsp. margarine, butter, or olive oil
- 1 7-oz. pkg. regular chicken-flavored rice mix with vermicelli
- 1 cup long grain rice
- 2 14½-oz. cans chicken broth
- 2½ cups water
- 4 cups chopped cooked chicken or turkey
- 4 medium tomatoes, chopped
- 1 4-oz. can diced green chili peppers, drained
- 2 Tbsp. snipped fresh basil or 2 tsp. dried basil, crushed
- 1 Tbsp. chili powder
- 1 tsp. cumin seed, crushed, or ¼ tsp. ground cumin
- ⅛ to ¼ tsp. pepper
- 1 cup shredded cheddar cheese (4 oz.)

In a 3-quart saucepan cook onion in hot margarine till tender. Stir in rice-vermicelli mix, seasoning package, and *uncooked* rice. Cook and stir for 2 minutes more. Stir in broth and water. Bring to boiling; reduce heat. Cover; simmer 20 minutes (liquid will not be fully absorbed).

Transfer the mixture to a very large mixing bowl; stir in chicken, tomatoes, chili peppers, basil, chili powder, cumin, and pepper.

Transfer to a 3-quart casserole. Bake, covered, in a 425° oven for 20 minutes. Uncover; sprinkle with cheese. Bake for 5 minutes more. Makes 12 servings.

Nutrition facts per serving: 294 cal., 10 g total fat (4 g sat. fat), 55 mg chol., 614 mg sodium, 29 g carbo., 1 g fiber, 22 g pro. Daily Values: 10% vit. A, 20% vit. C, 8% calcium, and 15% iron.

Clip and save recipes in your *NEW COOKBOOK*

PRIZE TESTED RECIPES®

see page 158 for details

$200 WINNER

Devon Delaney, Princeton, N.J., in the Super Sandwiches Category.
August 1995



Italian Turkey Sandwiches

A minty tomato spread elevates this submarine sandwich from ordinary to super.

- ⅓ cup chopped onion
- 2 oil-packed dried tomato halves, drained and thinly sliced (about 3 Tbsp.)
- 2 cloves garlic, minced
- 1 tsp. Italian seasoning, crushed
- 1 Tbsp. olive oil
- ¼ cup snipped fresh parsley
- ¼ cup snipped fresh mint
- 2 Tbsp. lime juice
- 1 Tbsp. Worcestershire sauce
- Dash pepper
- 4 (6- to 7-inch) French-style rolls, split horizontally
- 1 6-oz. pkg. very thinly sliced turkey ham, smoked turkey, or ham
- 2 medium tomatoes, thinly sliced
- ½ cup shredded mozzarella cheese (2 oz.)
- Pepperoncini salad peppers (optional)

In a small saucepan cook onion, dried tomatoes, garlic, and Italian seasoning in ho oil for 3 minutes. Add parsley, mint, lime juice, Worcestershire sauce, and pepper; coo for 1 minute more.

To assemble, spread parsley mixture onto bottom halves of rolls. Top with turkey o ham, tomato slices, and cheese; add top halves of rolls. Arrange sandwiches in a shallo baking pan. Bake, uncovered, in 350° oven for 7 to 10 minutes or till heated throug and cheese is melted. If desired, serve with pepperoncini peppers. Makes 4 servings.

Nutrition facts per serving: 385 cal., 11 g total fat (3 g sat. fat), 30 mg chol., 1,114 m sodium, 52 g carbo., 1 g fiber, 21 g pro. Daily Values: 10% vit. A, 52% vit. C, 17% calcium, and 29% iron.

Note: Instead of using fresh mint, you can substitute 1 teaspoon crushed, dried min and an extra ¼ cup snipped fresh parsley.

PRIZE TESTED RECIPES®

$100 WINNER

Sharon Oliver, Poteau, Okla., in the Super Sandwiches Category.
August 1995



Spicy Beef and Vegetable Sloppy Joes

The two-fisted sandwich favorite gains a garden of vegetable delights.

- 1 lb. lean ground beef
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 cup chopped zucchini
- 1 cup chopped yellow summer squash
- 1 cup sliced fresh mushrooms
- ¾ cup chopped green pepper
- 1 16-oz. jar salsa
- 1 tsp. dried basil, crushed
- ½ tsp. dried parsley flakes
- ½ tsp. dried rosemary, crushed
- 6 to 8 kaiser rolls, split and toasted

In a 10-inch skillet cook beef, onion, and garlic over medium heat till meat is brown and onion is tender. Drain off fat. Add zucchini, summer squash, mushrooms, and green pepper. Cover and cook over low heat for 5 to 7 minutes or till vegetables are tender. Stir in salsa, basil, parsley, and rosemary. Simmer, uncovered, about 10 minutes or till most of the liquid has evaporated. Serve on toasted rolls. Makes 6 to 8 servings.

Nutrition facts per serving: 358 cal., 14 g total fat (4 g sat. fat), 47 mg chol., 648 mg sodium, 40 g carbo., 1 g fiber, and 22 g pro. Daily Values: 12% vit. A, 62% vit. C, 7% calcium, and 29% iron.



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$100 WINNER

Paul Payne, San Rafael, Calif., in the Potluck Casseroles Category.
August 1995



German-Style Sausage and Potatoes

A crushed combo of aromatic seeds puts punch into this Alsatian-inspired casserole.

- 1½ lb. medium potatoes
- 4 tsp. anise seed
- 1½ tsp. coriander seed
- 1 tsp. caraway seed
- 1 tsp. mustard seed
- ⅓ cup beer
- ¼ cup vinegar
- 3 Tbsp. spicy brown mustard
- 1 Tbsp. cornstarch
- 1 Tbsp. sugar
- ¼ tsp. pepper
- Few dashes Worcestershire sauce
- Few dashes bottled hot pepper sauce
- 2 medium onions, chopped (1 cup)
- 2 stalks celery, sliced (about 1 cup)
- 1 cup shredded cabbage
- 1 Tbsp. olive oil
- 12 oz. fully cooked Polish sausage, cut into ½-inch-thick slices
- 1 cup shredded Swiss cheese (4 oz.)

In a large saucepan cook potatoes, covered, in a small amount of boiling water for 20 to 25 minutes or till tender; drain. Cool, chill, peel, and thinly slice. Using a mortar and pestle, coarsely crush the spice seeds. Combine seeds, beer, vinegar, mustard, cornstarch, sugar, pepper, Worcestershire sauce, and hot pepper sauce; set aside.

In a small skillet cook onion, celery, and cabbage in hot oil for 3 to 4 minutes or just till crisp-tender. In an ungreased 2-quart rectangular baking dish layer *half* of the cabbage mixture, sausage, potatoes, and cheese. Stir seed mixture; spoon *half* of the mixture atop cheese. Repeat layers, reserving cheese for later. Bake, uncovered, in a 375° oven for 30 to 35 minutes or till heated through. Top with remaining cheese. Makes 6 main-dish servings.

sodium, 38 g carbo., 3 g fiber, and 18 g pro. Daily Values: 5% vit. A, 62% vit. C, 23%

Orange juice, crushed ice, add the Cool Whip®, ummm nice!



Orange Frost



1¾ cups Cool Whip Lite® Whipped Topping, thawed
1 can (6 oz.) frozen orange juice concentrate
1 can water
1½ cups crushed ice

Place all ingredients in blender; cover. Blend 1 minute or until mixture is smooth and ice is melted.

Makes 3⅔ cups or 6 servings.

Cool off with Cool Whip®.





BH&G kids™

dog days

August is the time of year that's sometimes called the "dog days of summer." The meaning of the phrase comes from the position of the dog star, Sirius, and also from an old belief that the heat of summer causes dogs to go mad. It's not true, of course, but if you're going crazy looking for end-of-summer activities, here are a few good ideas to celebrate our four-legged friends.

by Barbara Hall Palar



To keep bugs from biting, give your little squirts a spritz.

New OFF!® Skintastic® For Kids is a great way to keep bugs from biting. It's light and clean. So it feels great on kids' skin—never greasy or oily. OFF! Skintastic is so easy. Just spritz it on and go. Kids sure seem to like it. Bugs were unavailable for comment.



Yews!

Feels great on. Keeps bugs OFF!™

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BH&G kids

continued from page 164









Bone china

A kid and a pet can be best friends. Show your pet how much you love it by creating matching bowls for the two of you. Purchase plastic dinnerware and paint markers in the colors of your choice. With the paint marker, write your pet's name on its bowl, and your name on a matching cup, plate, and bowl. Then add special sentiments about your pet. You could include its birthday, a favorite trick, or a funny nickname that you call it. (To protect the paint, dishes should be washed by hand, not in the dishwasher.)



Pets at the table?

Not unless they're on your place mat. Celebrate pets by creating pet place mats for your table. Here's how.

1. Cut out an 18x12-inch rectangle of poster board.
2. Place photographs, cutouts, and drawings on the board. Arrange everything before gluing any one piece. Then glue all pieces into place.
3. Write a few words about your pet, if you'd like.
4. Have the place mats laminated—they'll last longer.

continued on page 168





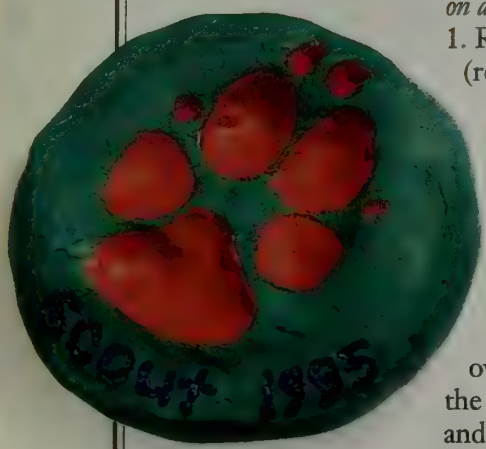

We just turned 100.
But we still feel like kids.
Hannah, photographed by her father. 1989 photo contest finalist
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continued from page 166



Pawprint plaques





Does your pet have interesting pawprints? Capture them in clay, then hang the plaque on a wall in your room.

1. Roll a wad of homemade clay (recipe at *right*) onto a piece of waxed paper. Carefully place your pet's paw into the clay until it makes an impression. Scratch your pet's name into the clay with a toothpick. If you want to hang your plaque later, poke a small indentation into the back of it.
2. Place plaques on a baking sheet and bake in a 300° oven for 30 minutes. Turn off the oven; leave baking sheet in oven 1 hour more. If the clay is still not dry, place plaque on a wire rack and air-dry completely before painting.
3. Paint with acrylic paints. Allow one color to dry before painting with another color. Fill in pet's name with squeeze-tube craft paint.

Homemade clay

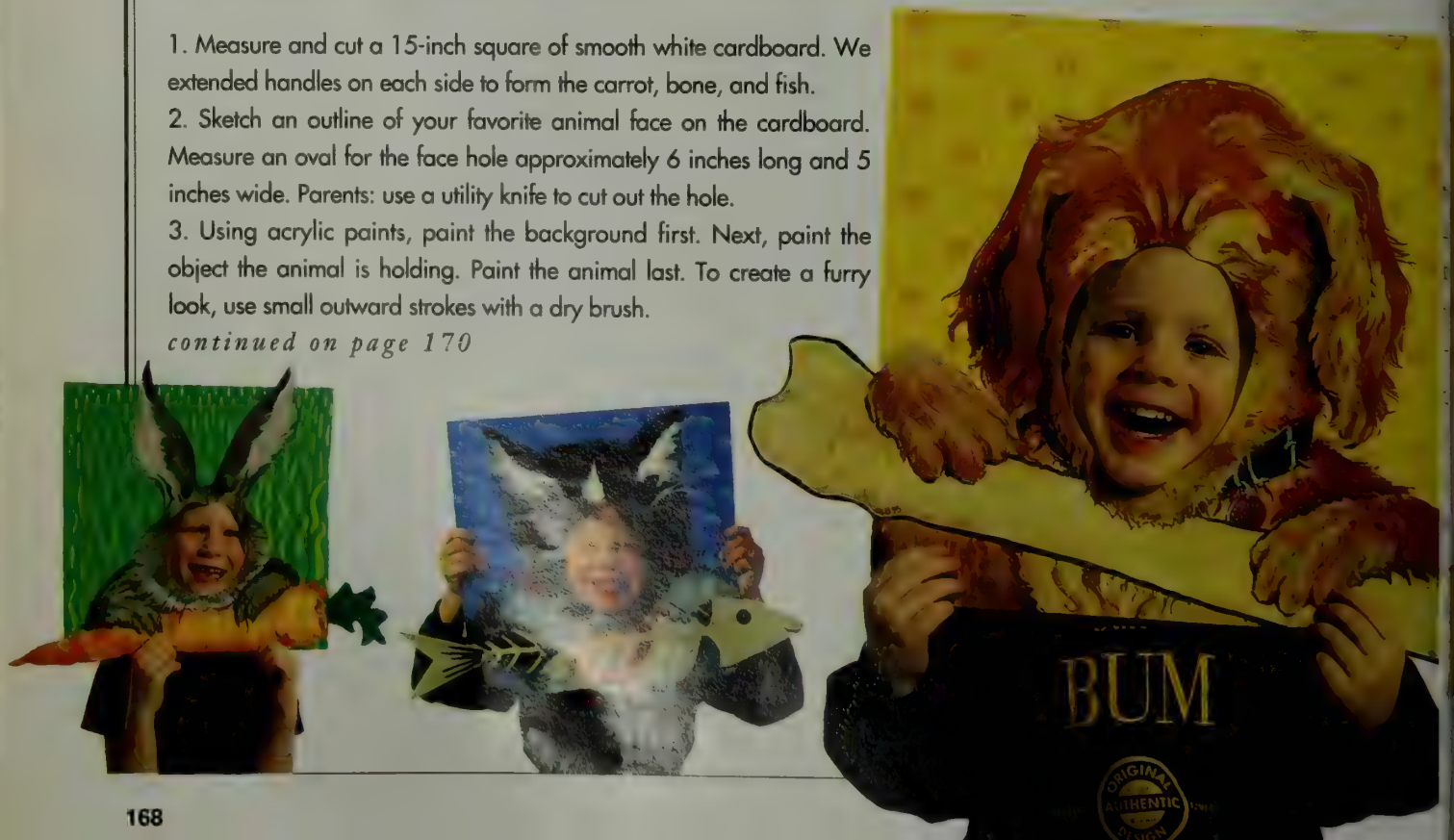
In a large saucepan combine 1 cup cornstarch and one 1-pound box baking soda. Stir in 1½ cups water. Cook and stir over low heat till mixture thickens and forms a ball. Remove from heat. Turn clay out onto a surface dusted lightly with cornstarch. When cool enough to handle, knead the clay till smooth. Cover clay with plastic wrap or wax paper; cool completely. If wrapped tightly in plastic wrap, clay can be refrigerated for up to two weeks.

Animal carnival cutouts

Yikes! My brother's a rabbit! Create these colorful cutouts, then photograph your friends cutting up in them.

1. Measure and cut a 15-inch square of smooth white cardboard. We extended handles on each side to form the carrot, bone, and fish.
2. Sketch an outline of your favorite animal face on the cardboard. Measure an oval for the face hole approximately 6 inches long and 5 inches wide. Parents: use a utility knife to cut out the hole.
3. Using acrylic paints, paint the background first. Next, paint the object the animal is holding. Paint the animal last. To create a furry look, use small outward strokes with a dry brush.

continued on page 170



IDEAS AND CRAFTS: ANN HINGA KLEIN, BARBARA VASKE, HEIDI BOYD

MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children, 10% of all kids between d 10, wet the bed twice a week or more. If your d is in school, chances are at least two of his smates are in the same leaky boat. No child uld ever feel alone with this problem. But, of se, they do.

The good news: More is known than ever before can help. Once, the only sure cure was time. % of our children leave this problem in the dust ey grow. And now there are some new ways ive time a hand.

THE BEST BEGINNING

For starters, pediatricians know a lot more ut the causes of "enuresis" (that's the official dical name for it) than they used to.

Doctors today deal with this problem all the e. They have new techniques and sometimes dicines that can help manage bed-wetting, if not minate it altogether.

And now (finally!), there are pants you can that can make a real difference at your house, ry night and every morning. Your child will wet. He can't help it. But from now on, that esn't have to mean he has to wet the bed.

TOMORROW CAN BE DIFFERENT

The makers of Pull-Ups® training pants have ented the first and only disposable underpants larger children, 45 to 85+ pounds.

Pull-Ups® GoodNites® disposable absorbent derpants eliminate the rubber sheets and the ndry and much of the stress that make nighttime idents into a bigger deal than they really are, make our children feel small. Smaller than they lly are.

GoodNites look a lot like plain white under- nts, except slightly thicker. They come in two es and even have a label in the back. The trim fit ps GoodNites underpants vanish discreetly der pajamas, while the super absorbent middle eady, just in case. In every detail, the GoodNites people have done everything possible to make these absorbent underpants respect our kids like the grown-ups they soon will be.

THE WAY THINGS SHOULD BE

If yours is already a GoodNites family, there's some good news for you, too. GoodNites are now even more absorbent than before.

If GoodNites underpants are new to you, now is the time to try them. You will rejoice that you did.

GoodNites are not a miracle, but there's nothing like them. They help families keep bed-wetting in perspective. They help make dry mornings, in crisp clean sheets, routine. And make sleep-overs and other normal, healthy everyday kid things routine, too. The way they should be.

THE GOODNITES GUIDES

GoodNites underpants were developed with the help of pediatricians and other childhood specialists. You'll find much of their good advice in these little booklets. One is written for parents. The other is for your child. For copies, please send $1 for postage and handling to: GoodNites Guides, P.O. Box 1165, Maple Plain, MN 55592.



GoodNites® mean Good Mornings™

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BH&G kids

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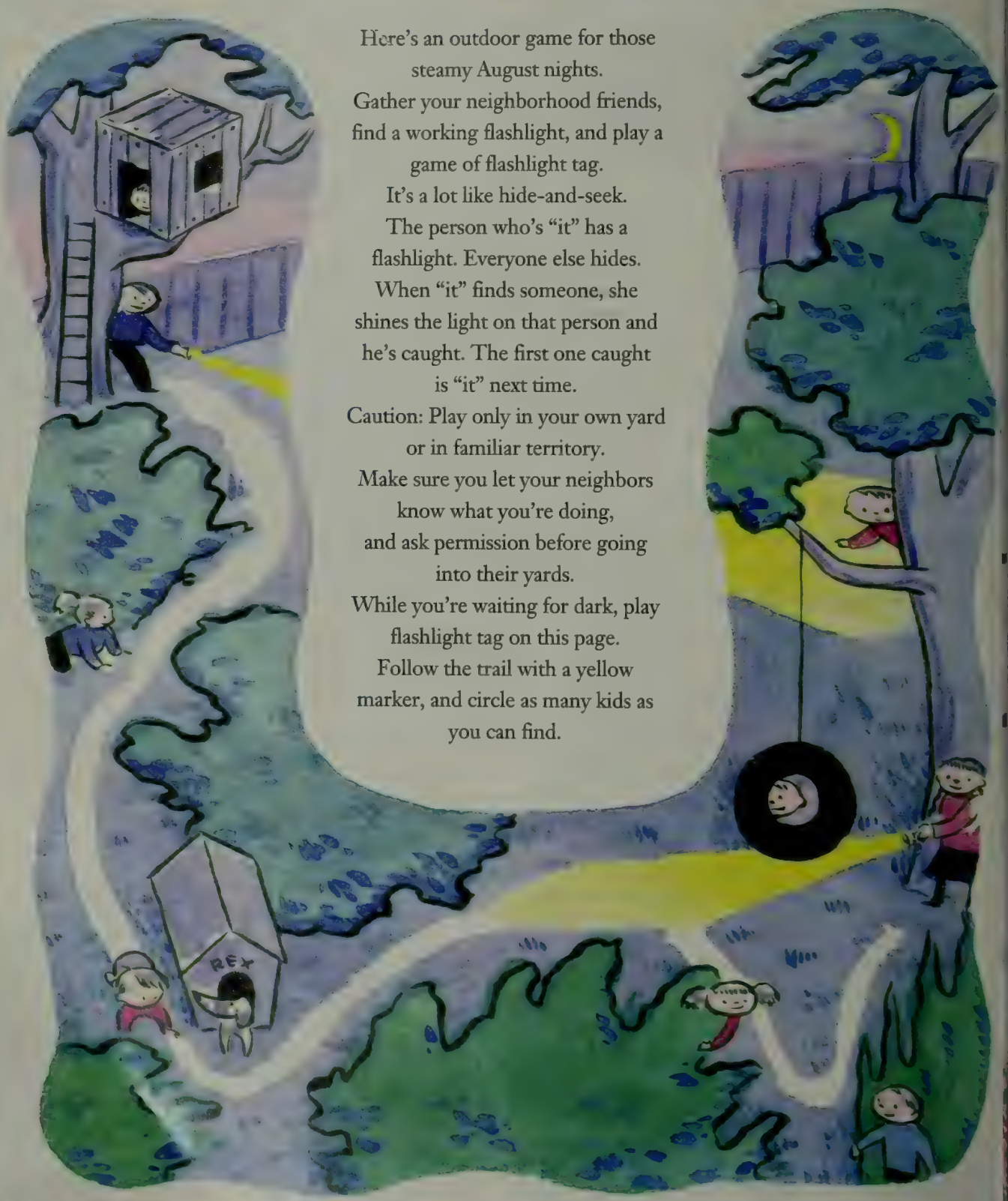
Flashlight tag

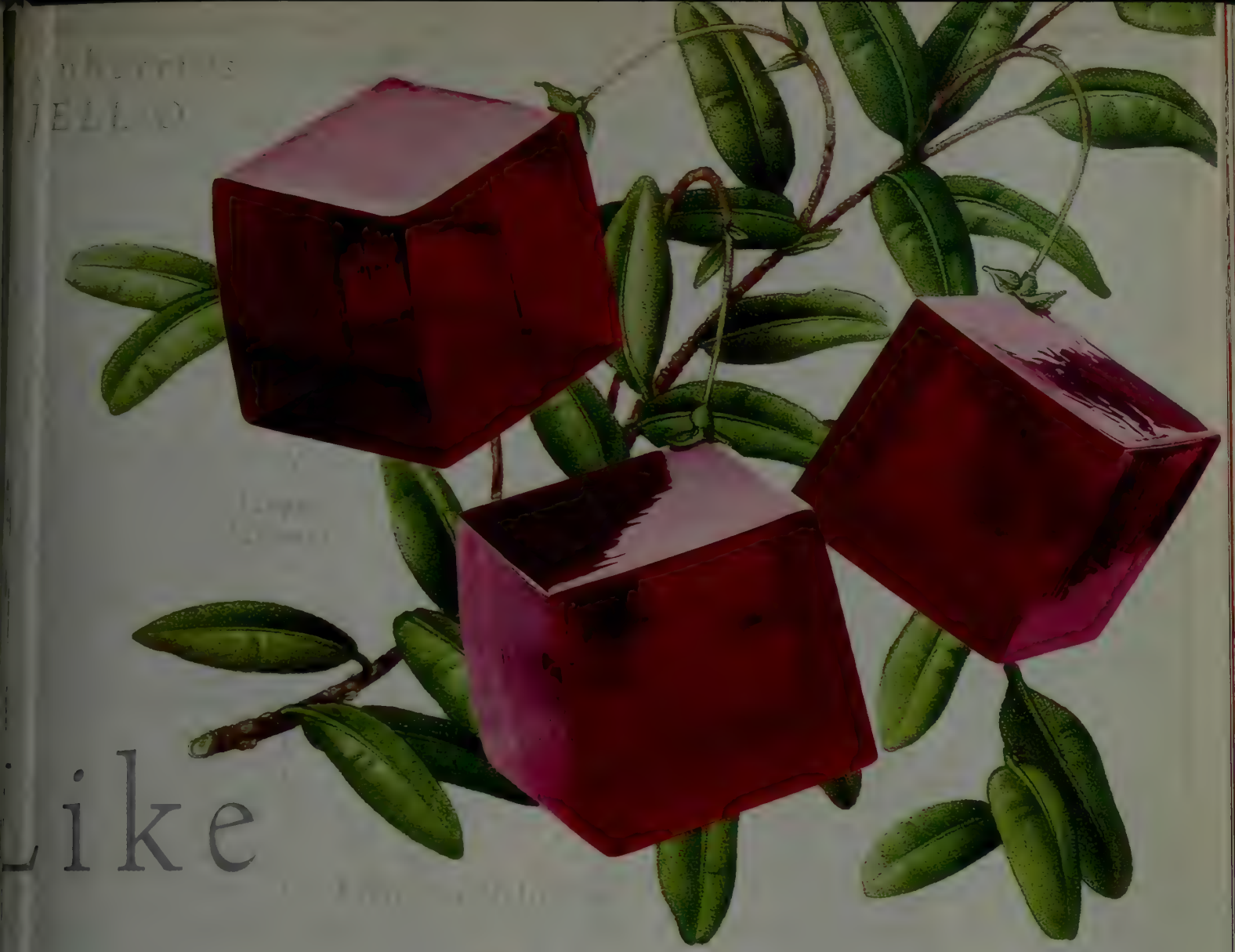
Here's an outdoor game for those steamy August nights. Gather your neighborhood friends, find a working flashlight, and play a game of flashlight tag.

It's a lot like hide-and-seek. The person who's "it" has a flashlight. Everyone else hides. When "it" finds someone, she shines the light on that person and he's caught. The first one caught is "it" next time.

Caution: Play only in your own yard or in familiar territory. Make sure you let your neighbors know what you're doing, and ask permission before going into their yards.

While you're waiting for dark, play flashlight tag on this page. Follow the trail with a yellow marker, and circle as many kids as you can find.





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HINT #9

Cut the rust.



Here's a sharp idea: remove rust from household tools by using Morton® Salt. Just make a paste using 2 tablespoons Morton® Salt and 1 tablespoon lemon juice. Apply the paste to rusted area with a dry cloth and rub. For more ways to use economical, effective and safe Morton® Salt around the house, write: Morton Salt Tips, Dept. B, Chicago, IL 60606-1597.

Morton

tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips with other readers.

TEE IS FOR CAULKING

It's hard to find the ideal plug for an open tube of caulking. Try this easy solution: insert the end of a golf tee into the open caulk tube.

William Moffat
Seattle, Wash.

GET A HANDLE ON IT

To reduce the number of blisters you get from working all day with a hoe, rake, or shovel, simply slip some inexpensive pipe insulation over the tool handle. Insulation is available at most any hardware store. Adding insulation is less costly than purchasing tools with built-in cushioned handles.

Gloria Schroeder
Ottawa Lake, Mich.

PLATE YOUR WALLS

Do you find it difficult to patch large holes in your walls? Take a paper plate or aluminum pie pan and punch two holes about one inch apart in the center. Thread some string into one hole and out the other. Fold the plate and push it into the hole, unfold it, then pull the strings to you. Now, as you hold the string, you can repair the hole—the plate will keep the drywall "mud" in place.

Howard Ross
Lynnfield, Mass.

NO-MESS MUD

Here's a clean and easy way to pa
those wall cracks with joint co
pound. Simply put some "mud" i
a plastic sandwich bag. Cut off
corner of the bag. Then squeeze
compound into cracks and ot
tight places.

Cynthia P
Helena, M

FREEZE YOUR JUGS

When you set out on a picnic,
this tip for packing your coo
Freeze milk jugs that are full
water. The jugs will keep your f
cold without the watery mess fr
melted ice. When the ice in the
melts, you have cold drinking wa

Natalie Bost
Auburn, N

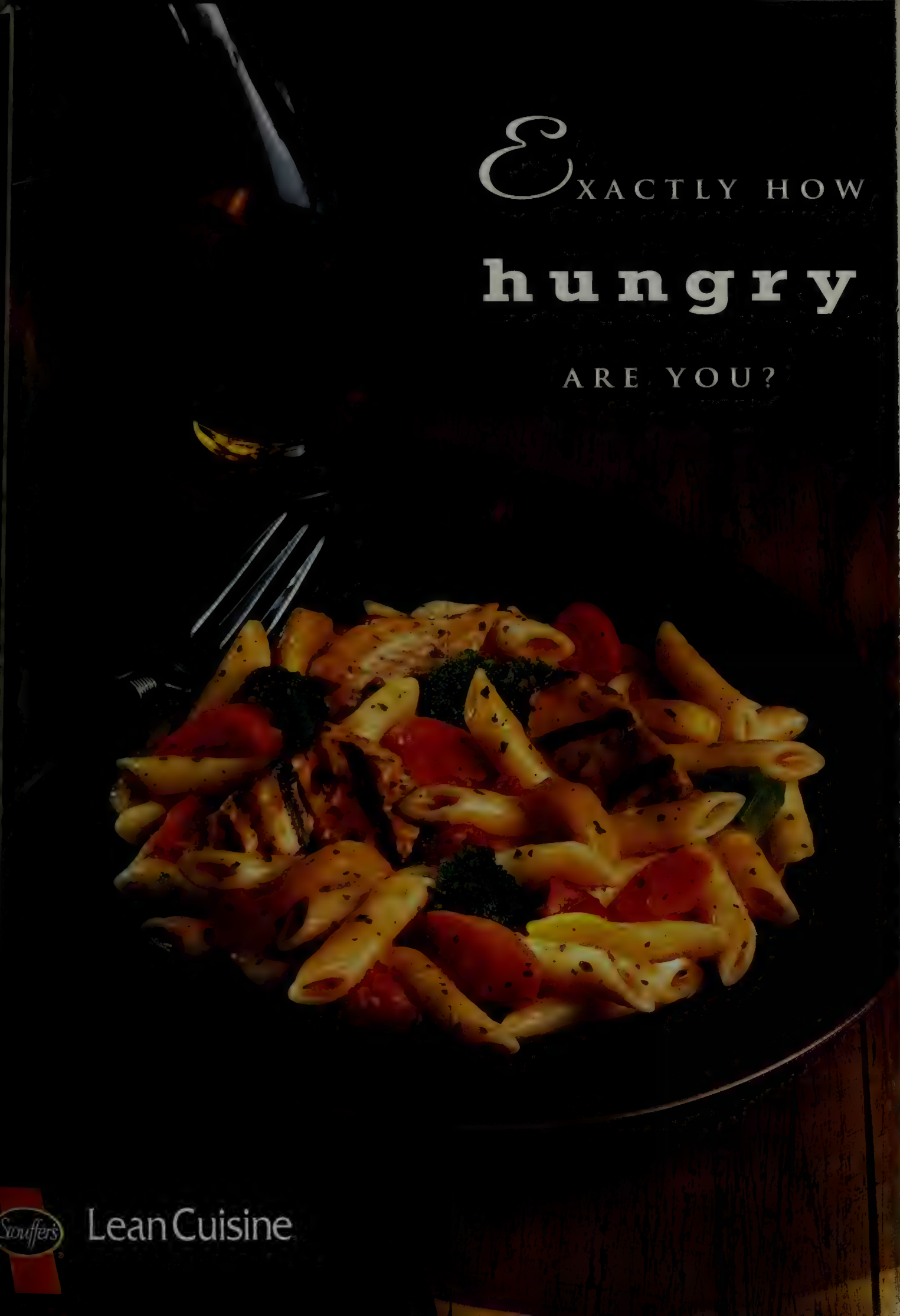
SUPER SCOOPER

A large doggie scoop has ma
more uses than just cleaning
after Fido. Use it around the gar
and house to pick up loose s
scoop up the last of the leaf pile,
clean up spilled kitty litter.

Christine Boher
Chicago,

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hungry
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Lean Cuisine

8 HEARTY MEALS TO CHOOSE FROM



Sirloin Beef Tips
with Noodles and Garden Vegetables



Grilled Chicken & Penne Pasta
Chicken Tenderloins with Garden Vegetables and Herb Sauce



Roasted Turkey Breast
with Gravy, Cornbread Stuffing and Vegetables



Roasted Chicken with Mushrooms
Chicken Tenderloins with Rice and Creamy Mushroom Sauce



Chicken Florentine
Chicken Tenderloins and Vegetables in a Mild Cheese Sauce with Pasta



Oriental Glazed Chicken
with Vegetables and Fried Rice Blend



Jumbo Rigatoni with Meatballs
and Marinara Sauce



Beef [illegible]
Sirloin Beef Stre[illegible]
and [illegible]

Look for Hearty Portions™ in your grocer's frozen dinner section.



©1995 Nestlé Frozen Food [illegible]

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*See your participating local MAXX-PURE dealer for entry blank, official rules and alternate means of entry. No purchase necessary to enter. Sweepstakes ends August 31, 1995.

BUILDING

Lighting a dark hallway

You can tunnel an abundance of light into your dark and dreary hallway by following these simple and cost-efficient tips.

- There's nothing like natural light to enliven a dark area. Consider opening the walls to a bright, adjoining room, or enticing sunlight by replacing any solid doors with glass-paneled varieties.
- Popping in a skylight (appropriate in ranch and other one-story designs) is an extremely [illegible]
- Add plenty of recessed fixtures in the ceiling and wall sconces to keep the hallway in the light[illegible]
- Choose light [illegible] woods and deep colors.

BUILDING

Transform A Hallway



You can turn that long, dark, and narrow hallway into a useful and stylish space. Fred and Carla Tobis borrowed just 11 inches from their coat closet to create a clever niche for handsome cabinetry.

The Tobises now have an ideal spot to drop their keys and to store some extra knick-knacks. The recessed wall above also serves as a stunning backdrop to showcase some of the couple's artwork With its slender design and natural coloring, the laminate cabinetry accents the room without seeming obtrusive. Because of the small counter area, the Tobises could opt for the quality appeal of granite without breaking the budget.

Recessed lights illuminate the cabinetry and counter. Replacing solid entry doors with glass-panelled varieties channels daylight into the once-dark hallway corridor. Light-colored paint and natural wood floors enhance the hall's brightness.

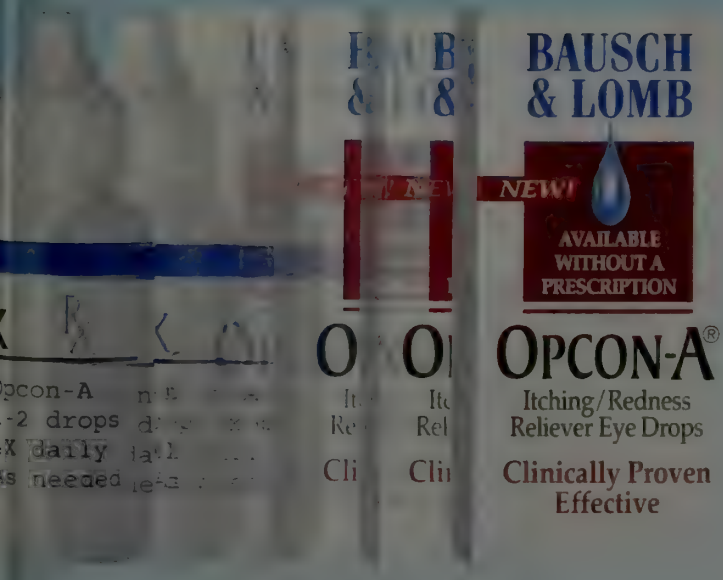
Architect: Jeremy Miller. Photograph: Mike Jensen.
Regional Editor: Trish Maharam

The only eye drop that relieves both redness and itching.*



New Opcon-A®

NOW AVAILABLE WITHOUT A PRESCRIPTION.



From the eyecare experts at Bausch & Lomb comes new Opcon-A eye drops, the first and only non-prescription eye drop that relieves both redness and itching caused by pollen, ragweed and animal hair.

Unlike ordinary brands, Opcon-A eye drops combines a redness reliever with an antihistamine especially for your eyes that actually blocks their reaction to these irritants. That's why Opcon-A eye drops gives you more relief than Visine or Clear Eyes.

Clinically-tested, prescription-proven Opcon-A eye drops. Relief doesn't get any better.

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FOOD

Orzo: Big Rice or Small Pasta?



SCOTT LITTLE

At first glance, it seems that there are two sizes of rice in this picture. Actually, the "big rice" is orzo (OHR-zoh), an Italian baby pasta. Also called rosa marina, orzo pairs well with rice and can pinch-hit for rice in soups, main dishes, salads, and puddings. Because it's so small, orzo cooks faster than most pasta and long-grain rice. By itself in a pot of boiling salted water, orzo cooks in 5 to 8 minutes, about three times as fast as rice. You'll find it in the pasta section of most supermarkets.

ROASTED GARLIC AND ORZO PILAF

Toasting the orzo in oil till light brown gives it a mild, nutty flavor.

- 8 to 12 large cloves garlic*
- 1 Tbsp. olive oil
- ½ cup orzo
- ½ cup long grain rice
- 1 14½-oz. can chicken broth
- ¼ cup sliced green onions
- 1 Tbsp. snipped fresh parsley

Peel and quarter garlic cloves. In a medium saucepan cook garlic in hot olive oil over medium heat till light brown. Add orzo and cook till light brown. (Do not let the garlic burn or it will become bitter.)

Stir in rice. Slowly add chicken broth; bring to boiling. Reduce heat and simmer, covered, for 15 to 20 minutes or till orzo and rice are tender and broth is absorbed. Stir green onions and parsley into the pilaf and season with salt and pepper to taste. Makes 4 to 6 side-dish servings.

**Note:* Resist the urge to cut down on the amount of garlic. As it cooks in the olive oil, the garlic softens and the flavor mellows.

Nutrition facts per serving: 222 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 330 mg sodium, 38 g carbo., 1 g fiber, and 7 g pro. Daily Value: 1% vit. A, 7% vit. C, 2% calcium, and 14% iron.



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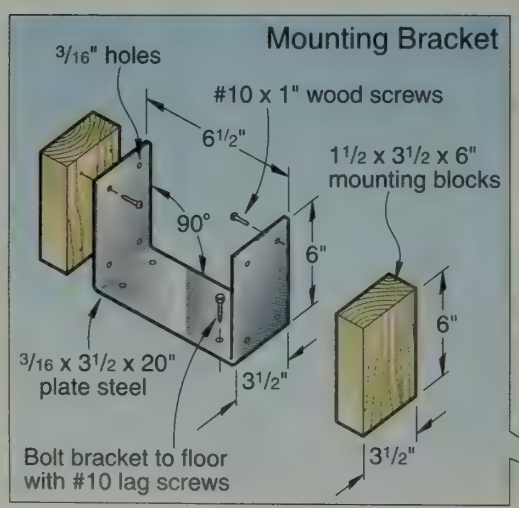


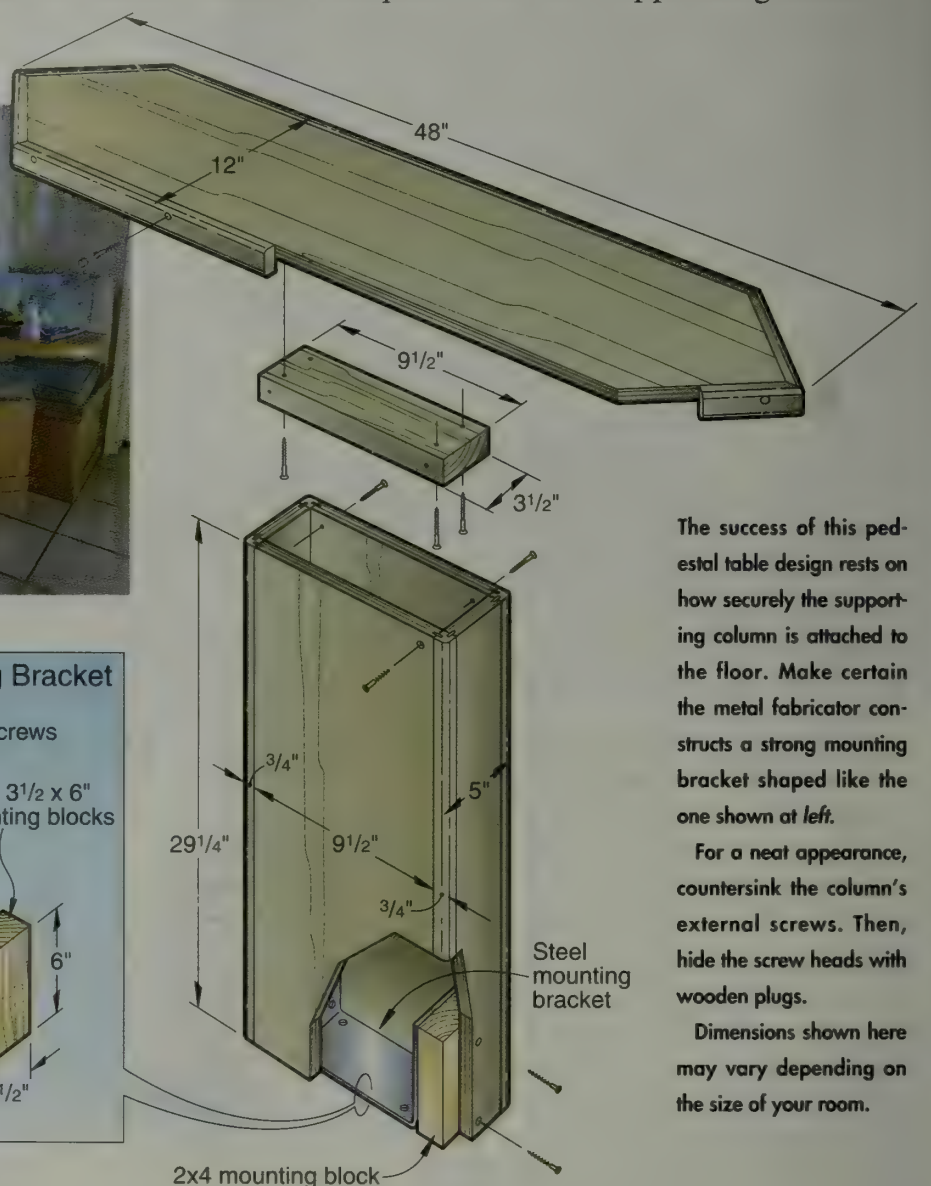
by Steve Cooper

Banque On It

Wedging a table and chairs into an oddly shaped kitchen corner is usually a less-than-satisfying solution for casual meals. A banquette is a more appetizing answer.







The success of this pedestal table design rests on how securely the supporting column is attached to the floor. Make certain the metal fabricator constructs a strong mounting bracket shaped like the one shown at *left*.

For a neat appearance, countersink the column's external screws. Then, hide the screw heads with wooden plugs.

Dimensions shown here may vary depending on the size of your room.

This angled banquette affords comfortable seating at a slim, breakfast-for-two pedestal table made of red oak plywood. Take inspiration and guidance from this table to fashion your own quiet corner.

The 12×48-inch table didn't need to be large because there is a sizable formal dining room only a few steps away. Cutting the tabletop's ends at angles allows for easy entrance and exit.

Seating is constructed from 15½-inch-high plywood boxes. Only the front and sides that show need to be cabinet-grade oak. Other pieces can be less-expensive construction-grade plywood. The banquette can double as a storage unit, too. Attach the seat top with a piano hinge and the cushioned seat will open like a chest. Use a tough vinyl fabric to cover the cushions.

Stabilizing the pedestal is essential. Here, a strong mount is built around a ¼-inch steel bracket, which can be fabricated at a metal shop.

For a sturdy base, slip the hollow 11×5-inch plywood column over the mount, which is made from the metal bracket and 2×4-inch lumber (shown in the diagram). The steel bracket must be firmly bolted or screwed to the floor. The banquette was created by interior designer Vicki McLoughlin of San Diego, California. ⌂

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Simply Smarter®

by Julia Malloy

Look What's Brewing



Quaffing a cold beer is no longer a simple decision. With the growth in imports, microbreweries, ice beer, and nonalcoholic brews, the choices are greater than ever.

Next time you're in a quandary, remember that there are basically two categories of beer: lagers and ales. Lagers use lager yeast and ferment at cool temperatures. They tend to be clearer, lighter in body and color, and lower in alcohol, ranging between 3.2 and 4.0 percent alcohol by weight. Most beers produced in the United States are lager beers. Ales use ale yeast and ferment at warmer temperatures, then age for a short time. They tend to be less carbonated, fuller bodied. Some may have a higher alcohol content than lagers.

LAGERS

American-style pale lager: A pilsner style of beer, the common American lager is highly carbonated and light in body and color. Pilsner accounts for about 90 percent of the beer consumed in America.

Dark: These chocolate-brown beers are richer, maltier, sweeter, and fuller in body than pale lagers. Dark lagers, including dunkel beer from Munich, are colored and flavored with roasted barley grain or malt.

Light: In Europe, a light lager means one that is light in color. In the United States, it tends to mean a beer with fewer calories than a regular beer. Made with a reduced amount of malt and grain, the alcohol content is slightly less than that of regular beer.

Pilsner: Pilsner is a beer made from neutral and hard water, now the basic requirement for all lagers and ales. Pilsners tend to be pale, golden hued, and effervescent, with a dry, crisp, and somewhat more bitter flavor.

ALES

Brown: This dark ale has a copper or ruby color, a full body, and a medium sweet flavor.

Porter: Typically dark and full bodied, porter has a mild hops taste and a bittersweet chocolate flavor that comes from roasted barley or barley malt.

Stout: This is a type of porter ale. Stout ale is darker, fuller bodied, maltier, and hoppier than other ales.

OTHER BREWS

Clear: A beer whose characteristic color and flavor has been removed. Flavor is often added.

Ice: In this process, beer is chilled after fermentation until ice crystals form. This gives the beer a smoother, richer taste.

Nonalcoholic malted beverage: Also called near beer or nonalcoholic brew, these beverages must contain less than 0.5% alcohol by weight. Like beer, they are based on malted barley or other grains and have a similar, but lighter, flavor.

TASTING BEER

What do you look for in beer? First, take a whiff. The aroma should have a pleasant grainy quality or a mild floral, hoppy aroma. Next, focus on the flavor. Is it earthy, yeasty, or spicy? Is it bitter or sweet? In addition to the aroma and flavor, pay attention to the body or thickness. Some beers will have a weighty feel in your mouth. After you swallow, think about whether the beer leaves a pleasant aftertaste. None of these qualities necessarily mean that one beer is better than another. It's just fun to try to identify the differences among beers and decide which kinds you prefer. After all, the best beer of all is the one you like to drink.

S&W FINE FOODS PRESENTS MR. S AND MR. W

MR. S, WHAT'S WITH THE SAFARI OUTFIT?

I'M JUST BACK FROM KENYA WITH MY NEWEST RECIPE, **AFRICAN BEAN AND CHICKEN STEW!**



IT HAS PLENTY OF OUR BEST! BLACK BEANS AND RED BEANS, FAMOUS VINE-RIPENED READY-CUT® TOMATOES, LONG-GRAIN BROWN RICE, AND SWEET & CRISP CORN!

AND A HEARTY SHOT OF OUR S&W SOUTHWESTERN COOKING SAUCE GIVES IT PLENTY OF FLAVOR! SPEAKING OF SHOTS, LET ME SHOW YOU THE LION I GOT...

S! YOU DIDN'T SHOOT A LION, DID YOU?

PHOTO SHOOT, MR. W. PHOTO SHOOT.

African Bean & Chicken Stew

- cup S&W Long Grain Brown Rice
- to 2 Tbsp peanut oil
- boneless, skinless chicken breast halves (about 1 lb.), cut into ½" chunks
- to 3 green onions, chopped
- /2 cup S&W Southwestern Fajitas & Cooking Sauce
- Tbsp creamy peanut butter
- can (12 oz.) S&W Sweet & Crisp Corn, drained
- 1 can (15 oz.) S&W Black Beans, drained
- 1 can (15 oz.) S&W Red Beans, drained
- 1 can (14.5 oz.) S&W Ready-Cut® Tomatoes, undrained
- 4 to 5 drops hot pepper sauce (optional)
- Garnish (optional): Peanuts (finely chopped), green onion tops (julienned)

Cook Brown Rice according to package directions. Meanwhile, heat oil in Dutch oven or large pan; add chicken and auté over medium heat, stirring and turning frequently until lmost all pink color has disappeared. Add green onions; sauté -3 minutes longer, continuing to stir frequently; reduce heat o low. Blend Cooking Sauce with peanut butter, drizzle over hicken and onions. Add Corn, Beans, Tomatoes and hot epper sauce; stir well to combine ingredients. Simmer mixure a few minutes longer to heat throughout, stirring ccasionally. Spoon over Brown Rice in individual serving owls. Garnish with chopped peanuts and julienned green nions, if desired. Serves 4-6.

Nutrition Information Per Serving: 500 cal; 38 g protein; 8 g carbo; 15 g fiber; 12 g fat; 65 mg chol; 1170 mg sodium.

For free recipes, write S&W Fine Foods, San Ramon, CA 94583-0587.



S&W

SIMPLY WONDERFUL


TRUST YOUR DAY TO SELDANE-D®

June. The perfect time for a wedding. Outside. With flowers. It was your dream. But with your seasonal nasal allergies, it could be a nightmare. That's why you may need the reassurance of Seldane-D.

The Seldane-D difference

Seldane-D can give you relief from a full range of major allergy symptoms, including your congested nose—the most common complaint of allergy sufferers. That's because Seldane-D contains a nonsedating antihistamine *plus* a decongestant. Even more importantly, Seldane-D can give you all that relief while letting you stay alert*—unlike over-the-counter remedies that may leave you feeling spacey or drowsy. (In clinical studies, Seldane-D caused no more drowsiness than a placebo [sugar pill].)

Who should not take Seldane-D

Seldane-D isn't for everyone. There are risks for some people. So read this message thoroughly to find out specifically who should not take Seldane-D.

WARNING: YOU MUST NOT TAKE SELDANE-D if you are also taking the prescription antifungal medicines itraconazole (Sporanox®) or ketoconazole (Nizoral®) or the prescription antibiotics erythromycin, clarithromycin (Biaxin®), or troleandomycin (TAO®), or if you have liver disease. DO NOT TAKE MORE THAN the amount prescribed by your doctor. Seldane-D has been associated with rare occurrences of abnormal heartbeats, heart attack, and death under these conditions. Please see important additional information on an adjacent page.

Due to similarities in the drugs, it is also recommended that the antifungal drugs fluconazole, metronidazole, and miconazole, and the antibiotic azithromycin, not be used with Seldane-D.

Tell your doctor before taking Seldane-D if you have any liver or heart problems. Also, while using Seldane-D, tell your doctor if you ever feel faint, become dizzy, or have any irregular heartbeats.

Do not use Seldane-D with any other prescription or nonprescription medicine without first talking to your doctor. If you become pregnant or are nursing a baby, talk to your doctor about whether you should take Seldane-D. Your doctor will decide whether you should take Seldane-D based on the benefits and risks.

It is important to know that a decongestant may produce unwanted side effects or drug interactions, or may complicate existing medical problems.

Pseudoephedrine, the decongestant in Seldane-D (as well as in many over-the-counter allergy medicines), may cause nervousness, dizziness, or significant levels of insomnia. Seldane-D must not be taken with MAO inhibitors, prescription medicines that treat depression. Also, before taking Seldane-D, tell your doctor if you have high blood pressure, heart disease, diabetes, glaucoma, thyroid disease, or symptoms of an enlarged prostate such as difficulty urinating.

It is always important to tell your doctor about any medicines you are using, including MAO inhibitors, antifungals, antibiotics, diet pills, and drugs to treat asthma and lung disease.

Your doctor knows what is best for you

Because Seldane-D is a prescription medicine, only your doctor, or other health care professional authorized to prescribe, can decide if you're a candidate for it. Ask if you can join the millions of people who trust their allergies to Seldane-D. So on your wedding day, if your eyes well up, they'll simply be tears of joy.

To learn how to help control your seasonal allergies and receive the FREE allergy newsletter, *AllerDays*, call:

1 800 603-3124

SELDANE-D®

(terfenadine 60 mg and pseudoephedrine HCl 120 mg)

EXTENDED-RELEASE TABLETS

AVAILABLE BY PRESCRIPTION ONLY

SEASONAL ALLERGY RELIEF. CONGESTION RELIEF.

THE FIRST COMBINATION THAT LETS YOU STAY ALERT.

* In clinical studies involving over 300 patients, the reported incidence of drowsiness with Seldane-D (7.2%) did not differ significantly from placebo (11.4%). In clinical trials, 25.9% of patients taking Seldane-D experienced insomnia compared to 6.2% of patients who received placebo.

SEE ADDITIONAL IMPORTANT INFORMATION ON AN ADJACENT PAGE.

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Brief Summary of
Prescribing Information as of January 1993

SELDANE-D®

(terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets

WARNING BOX

QT INTERVAL PROLONGATION/VENTRICULAR ARRHYTHMIA

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS, INCLUDING DEATH, CARDIAC ARREST, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS, HAVE BEEN OBSERVED IN THE FOLLOWING CLINICAL SETTINGS, FREQUENTLY IN ASSOCIATION WITH INCREASED TERFENADINE LEVELS WHICH LEAD TO ELECTROCARDIOGRAPHIC QT PROLONGATION:

1. **CONCOMITANT ADMINISTRATION OF KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX)**
2. **OVERDOSE, INCLUDING SINGLE TERFENADINE DOSES AS LOW AS 360 MG**
3. **CONCOMITANT ADMINISTRATION OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN**
4. **SIGNIFICANT HEPATIC DYSFUNCTION**

TERFENADINE IS CONTRAINDICATED IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, ERYTHROMYCIN, CLARITHROMYCIN, OR TROLEANDOMYCIN, AND IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION.

DO NOT EXCEED RECOMMENDED DOSE.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING TERFENADINE SHOULD LEAD TO DISCONTINUATION OF TREATMENT AND FULL EVALUATION OF POTENTIAL ARRHYTHMIAS.

(See CONTRAINDICATIONS, WARNINGS, CLINICAL PHARMACOLOGY, AND PRECAUTIONS: DRUG INTERACTIONS.)

DESCRIPTION

SELDANE-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide, and zinc stearate.

INDICATIONS AND USAGE

SELDANE-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of SELDANE (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired (see CLINICAL PHARMACOLOGY).

SELDANE-D has not been studied for effectiveness in relieving the symptoms of the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF SELDANE-D WITH KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX) IS CONTRAINDICATED. SELDANE-D IS ALSO CONTRAINDICATED IN PATIENTS WITH DISEASE STATES OR OTHER CONCOMITANT MEDICATIONS KNOWN TO IMPAIR ITS METABOLISM, INCLUDING SIGNIFICANT HEPATIC DYSFUNCTION, AND CONCURRENT USE OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN. QT PROLONGATION HAS BEEN DEMONSTRATED IN SOME PATIENTS TAKING TERFENADINE IN THESE SETTINGS, AND RARE CASES OF SERIOUS CARDIOVASCULAR EVENTS, INCLUDING DEATH, CARDIAC ARREST, AND TORSADES DE POINTES, HAVE BEEN REPORTED IN THESE PATIENT POPULATIONS. (See WARNINGS and PRECAUTIONS: Drug Interactions.)

SELDANE-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Terfenadine undergoes extensive metabolism in the liver by a specific cytochrome P-450 isoenzyme. This metabolic pathway may be impaired in patients with hepatic dysfunction (alcoholic cirrhosis, hepatitis) or who are taking drugs such as ketoconazole, itraconazole, or clarithromycin, erythromycin, or troleandomycin (macrolide antibiotics), or other potent inhibitors of this isoenzyme. Interference with this metabolism can lead to elevated terfenadine plasma levels associated with QT prolongation and increased risk of ventricular tachyarrhythmias (such as torsades de pointes, ventricular tachycardia, and ventricular fibrillation) at the recommended dose. SELDANE-D is contraindicated for use by patients with these conditions (see WARNING BOX, CONTRAINDICATIONS, and PRECAUTIONS: Drug Interactions).

Other patients who may be at risk for these adverse cardiovascular events include patients who may experience new or increased QT prolongation while receiving certain drugs or having conditions which lead to QT prolongation. These include patients taking certain antiarrhythmics, bepridil, certain psychotropics, probucol, or astemizole; patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or taking diuretics with potential for inducing electrolyte abnormalities; and patients with congenital QT syndrome. SELDANE-D is not recommended for use by patients with these conditions.

The relationship of underlying cardiac disease to the development of ventricular tachyarrhythmias while on SELDANE-D therapy is unclear; nonetheless, SELDANE-D should also be used with caution in these patients.

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly

The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General

SELDANE-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine.

Information for Patients

Patients taking SELDANE-D should receive the following information and instructions. Patients should be advised to take SELDANE-D only as needed and NOT TO EXCEED THE PRESCRIBED DOSE. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, clarithromycin, erythromycin, or troleandomycin. Patients should be advised to consult the physician before concurrent use of other medications with terfenadine. Patients should be questioned about pregnancy or lactation before starting SELDANE-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture, or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS)

Monoamine oxidase (MAO) inhibitors and beta-adrenergic agonists increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines.

Care should be taken in the administration of SELDANE-D concomitantly with other sympathomimetic amines because combined effects on the cardiovascular system may be harmful to the patient.

Ketoconazole

Spontaneous adverse reaction reports of patients taking concomitant ketoconazole with recommended doses of terfenadine demonstrate QT interval prolongation and rare serious cardiac events, e.g. death, cardiac arrest, and ventricular arrhythmia including torsades de pointes. Pharmacokinetic data indicate that ketoconazole markedly inhibits the metabolism of terfenadine, resulting in elevated plasma terfenadine levels. Presence of unchanged terfenadine is associated with statistically significant prolongation of the QT and QTc intervals. **Concomitant administration of ketoconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Itraconazole

Torsades de pointes and elevated parent terfenadine levels have been reported during concomitant use of terfenadine and itraconazole in clinical trials of itraconazole and from foreign post-marketing sources. One death has also been reported from foreign post-marketing sources. **Concomitant administration of itraconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Due to the chemical similarity of other azole-type antifungal agents (including fluconazole, metronidazole, and miconazole) to ketoconazole and itraconazole, concomitant use of these products with SELDANE-D is not recommended pending full examination of potential interactions.

Macrolides

Clinical drug interactions studies indicate that erythromycin and clarithromycin can exert an effect on terfenadine metabolism by a mechanism which may be similar to that of ketoconazole, but to a lesser extent. Although erythromycin measurably decreases the clearance of the terfenadine acid metabolite, its influence on terfenadine plasma levels is still under investigation. A few spontaneous accounts of QT interval prolongation with ventricular arrhythmia including torsades de pointes have been reported in patients receiving erythromycin and troleandomycin.

Concomitant administration of SELDANE-D with clarithromycin, erythromycin, or troleandomycin is contraindicated (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS). Pending full characterization of potential interactions, concomitant administration of SELDANE-D with other macrolide antibiotics, including azithromycin, is not recommended. Studies to evaluate the potential interaction of terfenadine with azithromycin are in progress.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No studies have been conducted to evaluate the carcinogenic potential of SELDANE-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C

The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well-controlled studies in pregnant women. SELDANE-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS)

Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use

Safety and effectiveness of SELDANE-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Cardiovascular Adverse Events

With terfenadine, rare reports of severe cardiovascular adverse effects have been received which include ventricular tachyarrhythmias (torsades de pointes, ventricular tachycardia, ventricular fibrillation, and cardiac arrest), hypotension, palpitations, syncope, and dizziness. Rare reports of deaths resulting from ventricular tachyarrhythmias have been received (see CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: Drug Interactions). Hypotension, palpitations, syncope, and dizziness could reflect undetected ventricular arrhythmia. IN SOME PATIENTS, DEATH, CARDIAC ARREST, OR TORSADES DE POINTES HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. (See WARNING BOX.) Rare reports of serious cardiovascular adverse events have been received, some involving QT prolongation and torsades de pointes, in apparently normal individuals without identifiable risk factors; there is not conclusive evidence of a causal relationship of these events with terfenadine. Although in rare cases there was measurable plasma terfenadine, the implications of this finding with respect to the variability of terfenadine metabolism in the normal population cannot be assessed without further study. In controlled clinical trials in otherwise normal patients with rhinitis, small increases in QTc interval were observed at doses of 60 mg b.i.d. In studies at 300 mg b.i.d. a mean increase in QTc of 10% (range 4% to +30%) (mean increase of 46 msec) was observed.

General Adverse Events

In double-blind, parallel, controlled studies in over 300 patients i... SELDANE-D was compared to extended-release pseudoeph... adverse reactions reported for greater than 1% of the patients re... SELDANE-D were not clinically different from those reported for ... receiving pseudoephedrine (see Table below).

Frequently (>1%) Reported Adverse Events for SELDANE-D in Double-blind, Parallel, Controlled Clinical Trials*

Adverse Event	Percent of Patients Reporting		
	SELDANE-D (n=374)	Pseudo-ephedrine (n=287)	Pl... (n...
Central Nervous System			
Insomnia	25.9	26.8	
Headache	17.4	17.1	
Drowsiness/Sedation	7.2	4.9	
Nervousness	6.7	8.4	
Anorexia	3.7	3.8	
Fatigue	2.1	1.4	
Restlessness	2.1	1.0	
Irritability	1.1	0.0	
Disorientation	1.1	0.0	
Increased Energy	1.1	0.0	
Hyperkinesia	1.1	1.0	
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	
Blurring of Vision	1.1	0.3	
Gastrointestinal			
Nausea	4.5	6.6	
Skin			
Rash	1.1	0.0	
Cardiovascular			
Palpitations	2.4	3.8	
Allergy Symptoms			
Sore Throat	1.9	1.7	
Cough	1.6	0.3	
Other			
Infection, Upper Respiratory	1.3	2.4	
Taste Alterations	1.1	1.0	

*SELDANE-D B.I.D., pseudoephedrine 120 mg B.I.D.

Pseudoephedrine may cause ephedrine-like reactions such as ... cardia, palpitations, headache, dizziness, or nausea. Sympathom... drugs have also been associated with certain untoward rea... including fear, anxiety, tenseness, restlessness, tremor, wea... pallor, respiratory difficulty, dysuria, insomnia, hallucinations, ... sions, CNS depression, arrhythmias, and cardiovascular collaps... hypotension.

In controlled clinical trials with terfenadine, using the recommend... dose of 60 mg b.i.d., the incidence of adverse events in p... receiving terfenadine was similar to that reported in patients re... placebo. These effects included:

Central Nervous System: Drowsiness, headache, fatigue, diz... nervousness, weakness, appetite increase

Gastrointestinal System: Abdominal distress, nausea, vomiting, ... in bowel habits

Eye, Ear, Nose and Throat: Dry mouth/nose/throat, cough, sore ... epistaxis

Skin: Eruption (including rash and urticaria) or itching

Also reported spontaneously during the marketing of terfenadin... alopecia (hair loss or thinning), anaphylaxis, angioedema, broncho... confusion, depression, galactorrhea, insomnia, menstrual dis... (including dysmenorrhea), musculoskeletal symptoms, night... paresthesia, photosensitivity, rapid flare of psoriasis, seizures... tachycardia, sweating, thrombocytopenia, tremor, urinary frequen... visual disturbances.

Also in clinical trials, several instances of mild or, in one case, m... transaminase elevations were seen in patients receiving terfenadin... elevations were also seen in placebo treated patients. Marketing ... ences include isolated reports of jaundice, cholestatic hepatit... hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment app... in ... Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed ... le... morning and night.

USE OF DOSES IN EXCESS OF ONE TABLET B.I.D. IS NOT R... M... MENDED BECAUSE OF THE INCREASED POTENTIAL FOR QT INT... AL... PROLONGATION AND ADVERSE CARDIAC EVENTS. (See WA... AG... BOX.) USE OF SELDANE-D IN PATIENTS WITH SIGNIFICANT HI... IC... DYSFUNCTION AND IN PATIENTS TAKING KETOCONAZOLE, ITRA... A... ZOLE, CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMY... IS... CONTRAINDICATED. (See CONTRAINDICATIONS, WARNING... nd... PRECAUTIONS: Drug Interactions.)

HOW SUPPLIED

SELDANE-D Tablets containing 60 mg of terfenadine and 10... of... pseudoephedrine hydrochloride in an outer press-coat for imn... ate... release and 110 mg of pseudoephedrine hydrochloride in an ext... d-... release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped; deb... ed... "SELDANE-D". Store at controlled room temperature (59-86°F) (15... C). Protect from moisture.

Prescribing Information as of January 1993

Merrell Dow Pharmaceuticals Inc.
Subsidiary of Marion Merrell Dow Inc.
Kansas City, MO 64114

U.S. Patents 3,878,217; 4,929,605; 4,996,061; 4,254,129.

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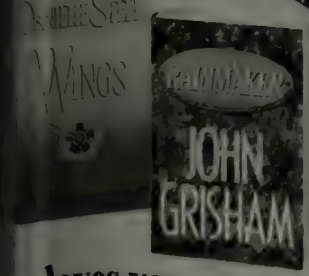
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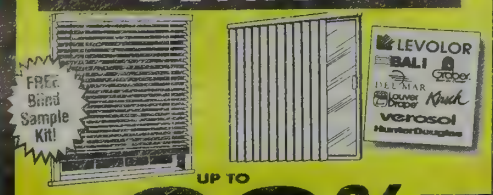
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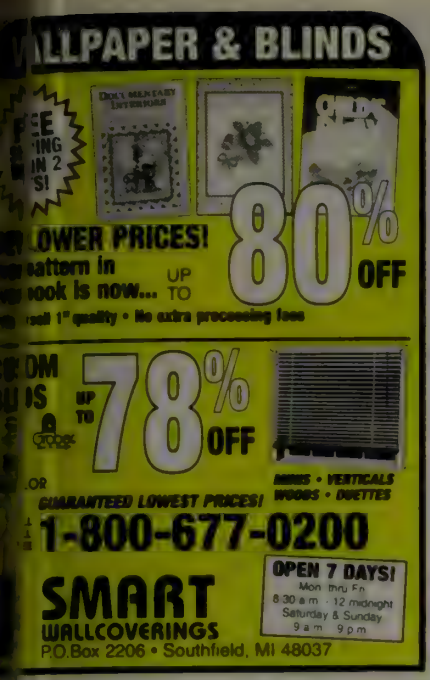
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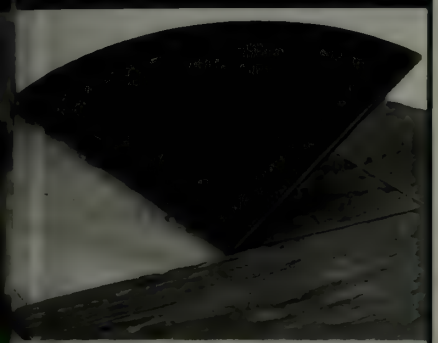


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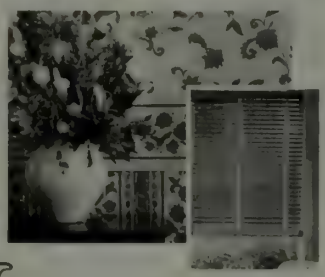
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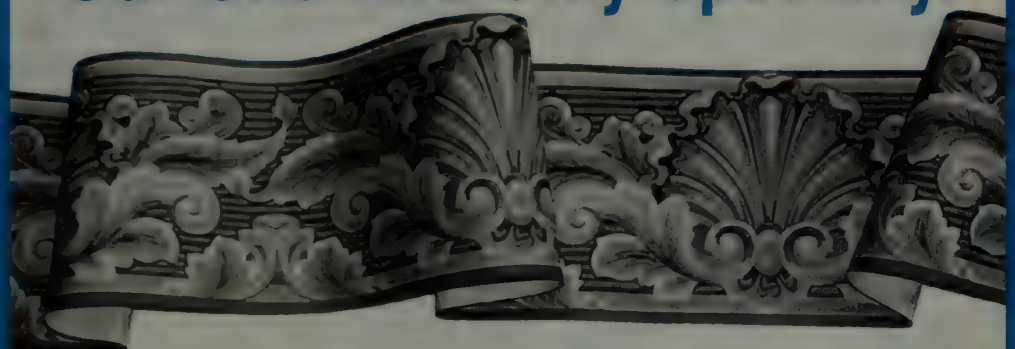


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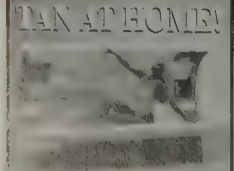
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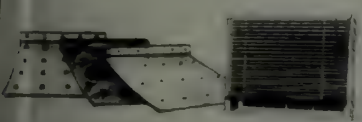


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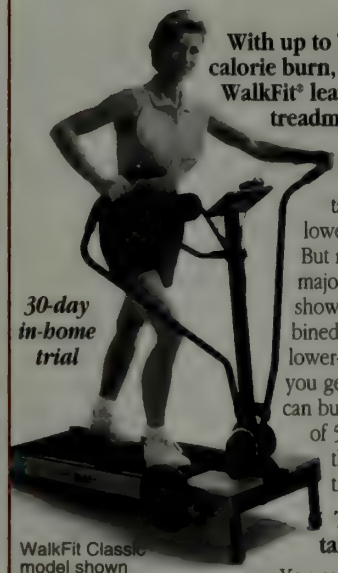
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"What really attracted me to you was that you're pear-shaped too."

One of the laws of gardening I've discovered is that you always have plenty of help at planting time, but volunteers are scarce when there's weeding to be done.

Burt Jr. says his baseball team is engaged in salary negotiations with management. The coach is offering hamburgers and a shake after each game, but the players are holding out for fries, too.

My nontechnical and proud-of-it friend Sam Hartwell wants to know where he goes to buy a stamp for his E-mail.

Isabel Norman says it never fails: She shops for groceries with enthusiasm and anticipation, but loses her appetite after reading those tabloid headlines in the checkout line.

Judy, getting ready to go back to school next month, says she's already thought up an excuse for late homework: "My dog ate my floppy disk!"

Whenever a casual encounter with a friend produces the comment, "Haven't seen much of you lately," Bill Drummond pats his growing waistline and responds, "I don't know why. I'm getting easier to see."



"Don't blame me! She was in a good mood when I married her."

The Rev. George Hall denies that he ever repeats a sermon, but he admits he has reexamined his thinking on a few of them.

Christine doesn't think much of my notion to trade in our car for a sleek, new minivan. The gear and junk accumulating in a vehicle, she argues, always expands to exceed the amount of space available.

Dr. Bob Hannelly says the most frustrating thing about his work is the realization that if only some of his patients had listened to him 20 years ago, they wouldn't be in the shape they are today.

The best time to take a vacation, Lee Bayless has discovered, is about the time he's managed to convince himself that he doesn't possibly have time for one.

~Our annual trip to the lake was an enjoyable break for us all.

Christine and I read some novels we'd been saving up, and Rosemary refinished an old dresser to take ba to school. I worried that Judy woul be lost without a telephone and Bur Jr. bored stiff with no computer games, but they didn't say a word.

For 10 wonderful days, we were quiet and restful. We dined on fish Burt caught, boiled pasta in a pot hanging over the fire, and feasted o corn cooked in the coals. In between swims, naps, and hikes, we all did a lot of talking.

On our last night, we watched th sunset together. I wondered aloud if it was the magnificent scenery that made us feel so close. "It's the fresh air," Rosemary explained. "It's getting back to nature," offered Judy. winked at Christine and whispered, "I think it's getting away from the telephone and television."

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September

Better Homes and Gardens



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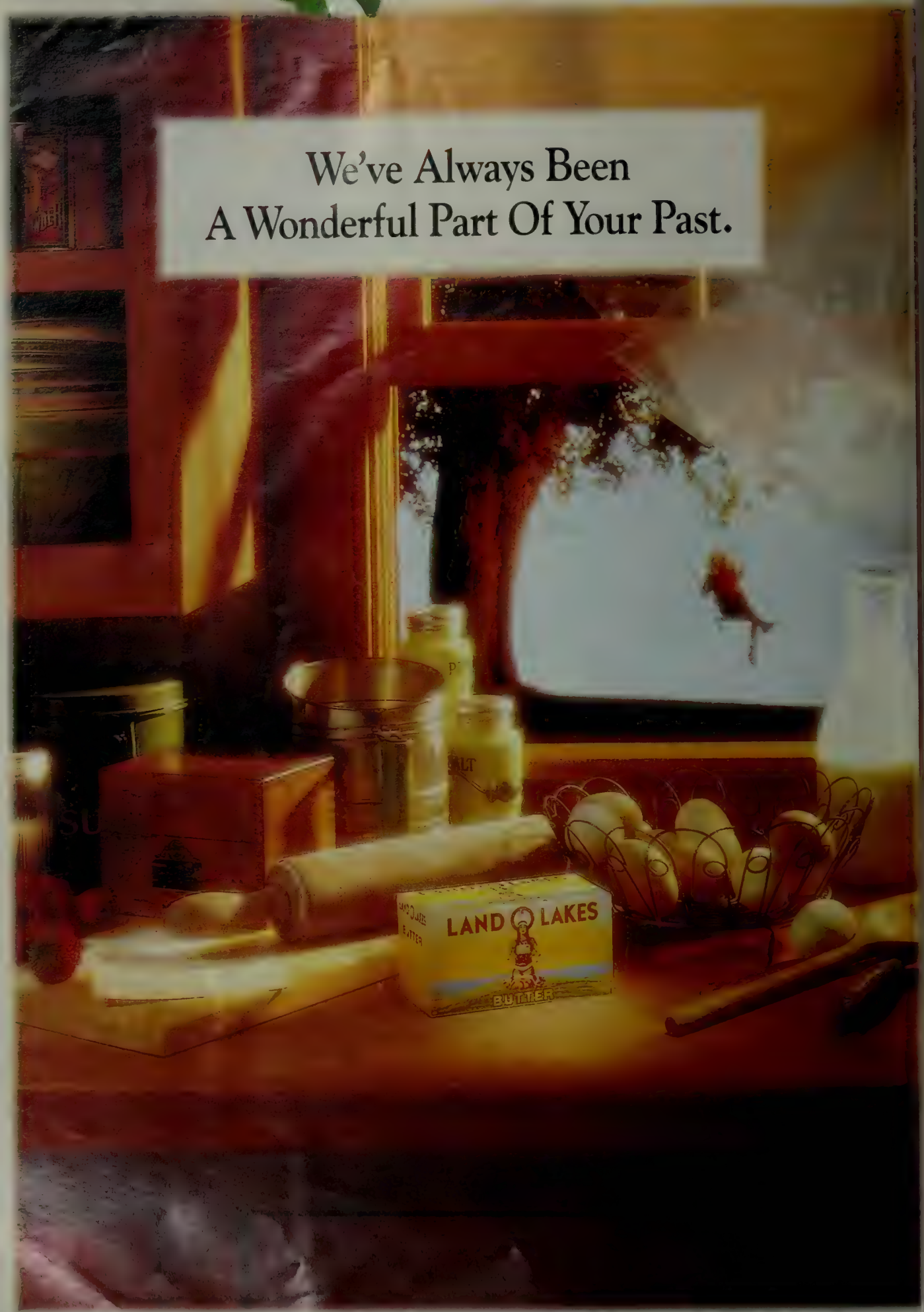
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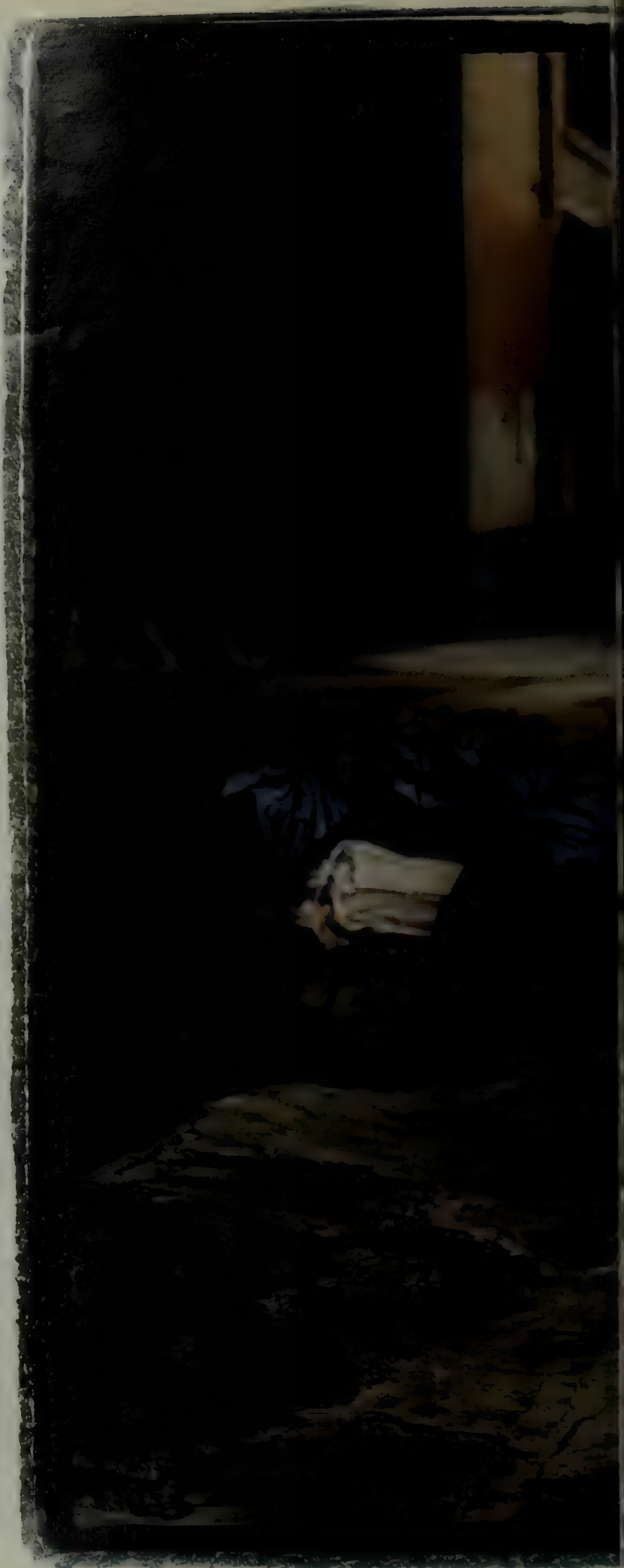

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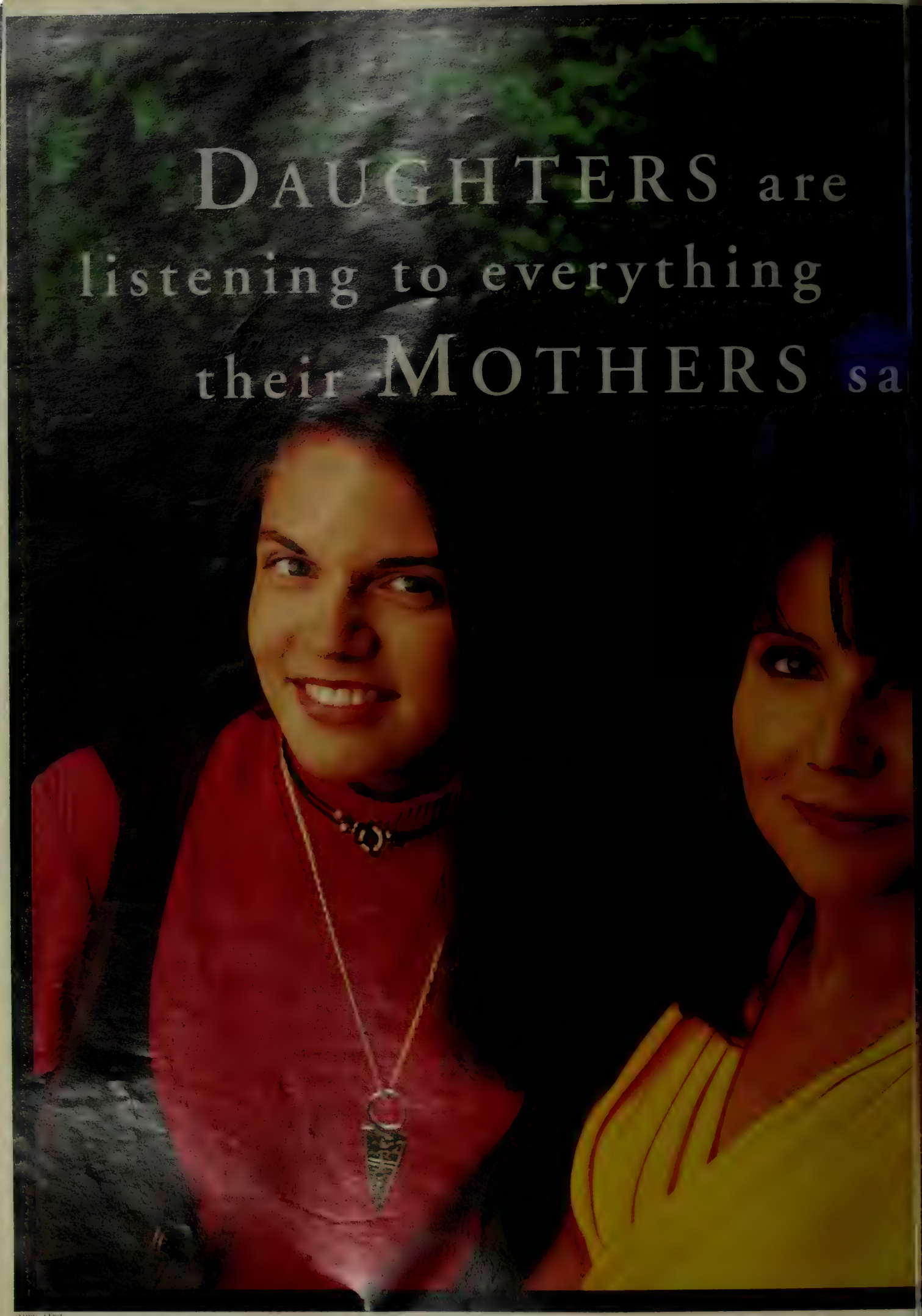
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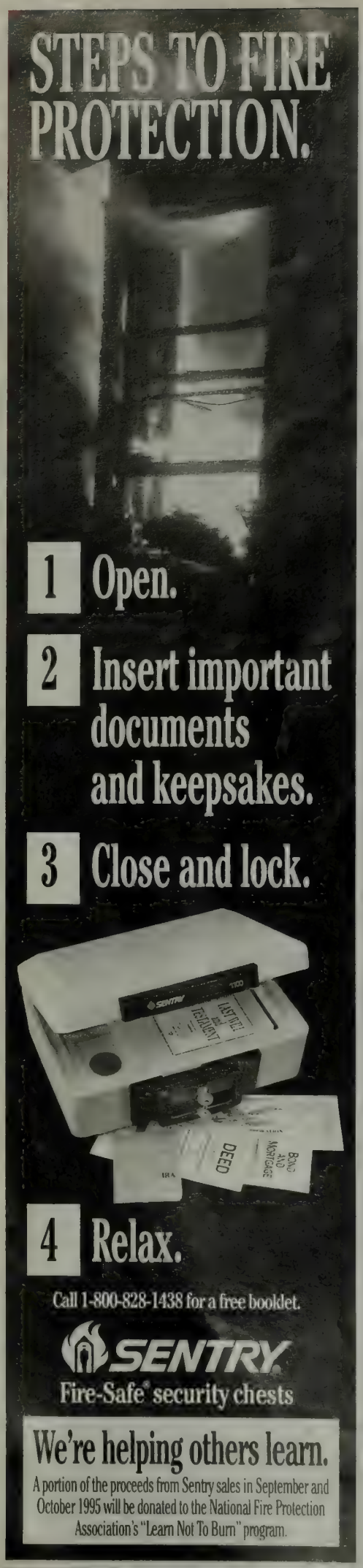
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Cover Photograph: Jennifer Jordan

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If you want to know more about yeast infections--read on. And the next time you recognize that burning, itching and irritation, you'll also know about the cure more women choose for relief.

What causes it?

Sometimes it's stress--even good stress. Often, moisture can be the culprit, even if you've just been sitting around in a wet bathing suit. Lots of exercise in a skintight leotard might set it off for some women. So could taking antibiotics. Or a change in hormone level from oral contraceptives or pregnancy.

OK, but...why me?

If misery loves company, the good news is, you're not alone. Seventy-five percent of women will get at least one yeast infection in their lifetimes. And many will have many more than one.

How do I know if I have it?

If you think you have a yeast infection and it's your first time, see your doctor. If you've had it before, chances are you'll be able to recognize the symptoms. Either way, you'll need an effective anti-fungal cure.

Most important: how do I get rid of it?

Trust the cure you know is safe and effective.

- More doctors recommend Monistat 7
- More women choose Monistat 7 for themselves
- More yeast infections have been cured with Monistat 7 than any other treatment

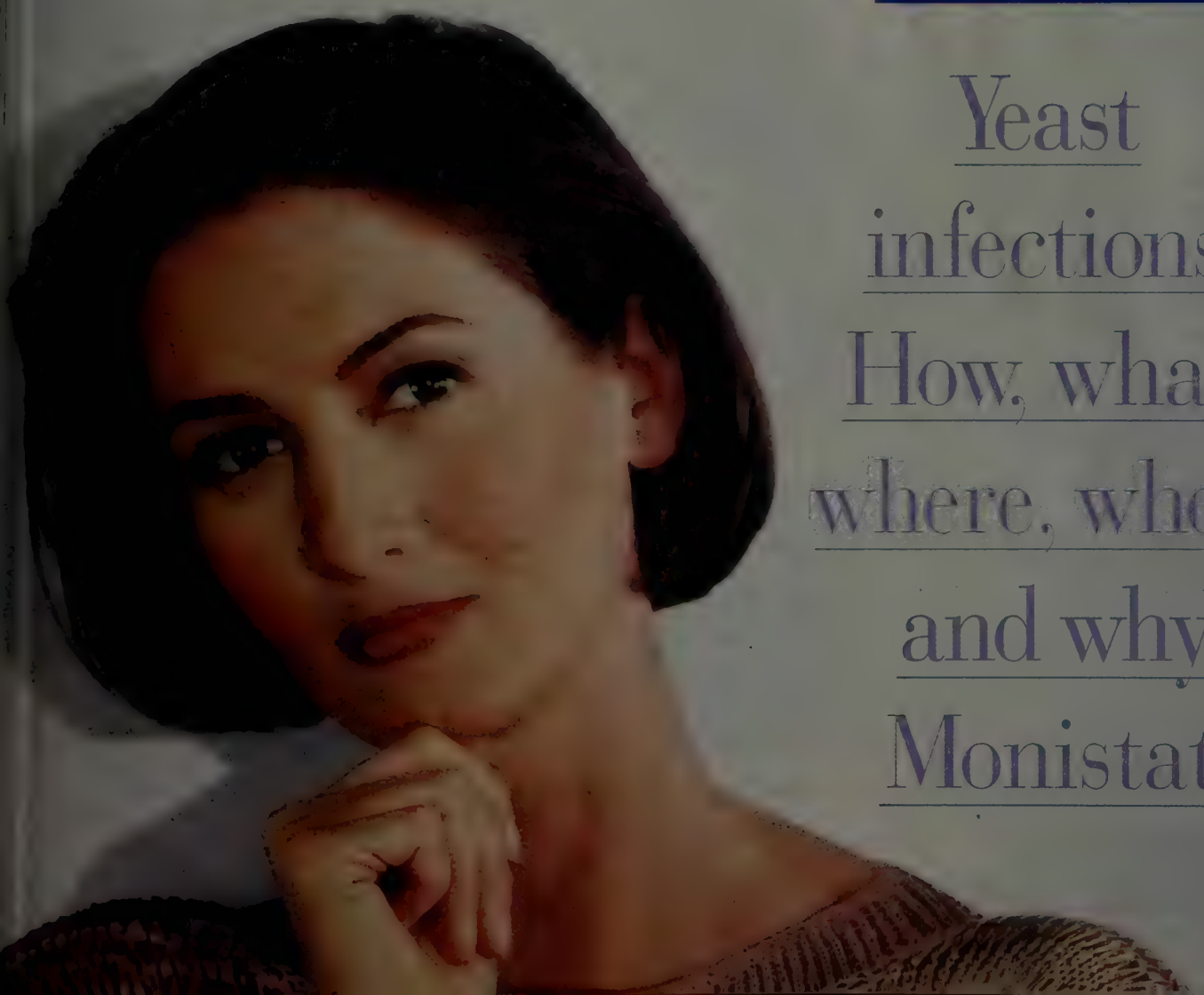
Anything else I should know?

Yes. A yeast infection is a nuisance. But it's not the end of the world. And MONISTAT® 7 offers you lots of ways to get rid of it: soft, fast-melting suppositories, soothing cream for internal and external relief, disposable applicators, prefilled applicators, and combination packs. For a safe, effective cure that gives you the relief you need.

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27. Use a particle mask to help filter the air when mowing the lawn.

28. Contact your local Agricultural Extension Service Office to identify "sneezeless" plants that thrive in your area.

29. If you're going to be outdoors most of the day, be sure to take a 12 hour medicine like Tavist-1® tablets or Tavist-D® tablets.

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between friends



ANDY LYONS

Gravel roads and bicycles are a no-win combination that guarantees tough pedaling, minimal control, and more bruised body parts than anyone deserves. I know. I grew up in the country where we had just about everything a person could want—except sidewalks and paved streets. Would I have traded the croaking of frogs for the sounds of city traffic? Not on your life! Would I have given up nibbling handfuls of sun-ripened raspberries to be able to walk to the drugstore for a soda? Absolutely not! But would I have given up our pebbled driveway and dusty gravel road? In a minute! Particularly in September when city kids rode their bikes to school. Country kids rode the school bus.

But no matter how I got there, the start of school was a big event for me. I always had new "school" shoes (not to be worn for play) and a new set of expectations—surely something unbelievably wonderful was going to happen to me in the nine months that lie ahead.

Probably every kid feels some of that. And all parents feel their own kind of anticipation. That's why this month's "BH&G Kids" section (*page 222*) is devoted to "back to school"—helping moms and dads (and kids) get ready for that big annual event.

I loved school, but I'm glad my current decisions and disappointments no longer involve my bike or the bus. However, I also am glad that bicycling, like most other things in my life, has gotten smoother with time.

Jean LemMon

Jean LemMon, *Editor in Chief*



HONEY-DIJON BEEF STIR-FRY – 30 MINUTES

- 1 pound beef round tip steaks, cut ⅛" to ¼" thick
- 3 cups (12 oz) frozen french fried potatoes
- 1 red onion, cut lengthwise into thin wedges
- 1 red or green bell pepper, cut into thin strips
- ⅓ cup prepared honey-dijon barbecue sauce

1. Prepare potatoes following package directions; keep warm.
2. Stack beef steaks; cut lengthwise in half, then crosswise into 1" strips. Spray large nonstick skillet with vegetable cooking spray; heat over medium-high heat until hot. Add beef (½ at time) and stir-fry 1 minute or until outside surface is no longer pink. Remove from skillet; season with salt, if desired.
3. In same skillet, add onion and bell pepper; stir-fry over medium heat 5 minutes or until crisp-tender. Return beef to skillet. Add barbecue sauce; heat through. Spoon mixture over potatoes; serve immediately. Makes 4 servings.

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What's fast food without french fries?

BEEF

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Let the AC-Delco CarCares Program help you identify your automobile's service needs with easy do-it-yourself tips. The results can be rewarding to you, your car's performance and your billfold.

Read between the signs

When a warning light glares or a gauge suddenly swings out of line, should you pull over immediately? What do unusual noises mean? Not all warning signals indicate disaster. But don't ignore them, either. Here are helpful tips.

Warning sign:
Oil pressure light or gauge

Indicates: Pressure may be too low
Danger: Serious engine damage

What to do: If you hear engine noise (knocking) pull over and seek help. If the light goes on at idle try increasing engine speed to see if the light goes out. If there's no problem, continue driving and get your car checked at the first convenient stop.

Warning sign:
Water temperature light or gauge

Indicates: Major problem—broken hose or belt
Danger: Major engine damage

What to do: If temperature doesn't drop after a minute or two, pull off the road. Let engine cool for 30 minutes before checking water and hoses. Do *not* remove radiator cap while engine and radiator are hot. If there's no problem, continue driving and get your car checked at the first convenient stop.

Don't open hood if you see or hear steam or coolant escaping. *Tip:* If light comes on when you are stopped in traffic, shift car into neutral and bring up the engine speed. This will help cool off the car. (Note: In hot weather, or when climbing a long incline, the temperature warning may not indicate a serious problem. Turn off air conditioner, turn on heater and open windows to see if problem goes away.)

Warning sign:
Battery light

Indicates: If light comes on and stays on while driving, there's a problem with electrical system.
Danger: Dead battery
What to do: Continue driving, but get it checked at first convenient stop.

For more money-saving CarCares tips, join us for the AC-Delco CarCares Program featured at the *Better Homes and Gardens* "Family at Home" mall show. Check your local newspaper for locati

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READERS' SOLUTIONS

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When my grandchildren were young, I was concerned about their safety in parking lots and wanted them to hold my hand. My solution was to give them the responsibility of taking care of me. I simply requested, "Please hold Grandma's hand so I won't get lost." They were delighted to help me, and I never had to worry about them darting in front of cars.

S. Jane Johnson
Fairport, N.Y.

CYBER-HEALING FOR A YOUNG ANIMAL LOVER

After my animal-loving 4-year-old had surgery, he was restricted from playing with other children for six weeks. To entertain him, we sent a message to a computer bulletin board, asking people about the animals living near their homes. The response was overwhelming. Not only did he learn about animals, but we also charted on a map where all his messages came from around the United States and the world.

Tosha Symes
Fort Worth, Texas

SILLY BREAK FOR COLLEGE KIDS

When our children were preparing for college finals, we always mailed them a childlike gift: bubble blowers, Silly Putty, modeling clay, etc. We wanted to give them a "silly break," and remind them that there's a kid in all of us. It also was a way of saying, "We love you, we care, and, no matter what, you are our child."

Spike Sarles
Eden Prairie, Minn.

MOM'S STORE

Years ago, as a single parent of schoolchildren, money was tight. Instead of taking the kids to the store for supplies and being bombarded with requests for the latest in folders, lunch boxes, and backpacks, I came up with the idea of "Mom's store." As stores held school supply sales, I took the kids' lists and bought what they needed plus some extras. A few days before classes started, I laid everything out and handed the boys their lists to "shop." The extra folders, notebooks, and pens were put away for later use.

Jill Kadera
Mahtomedi, Minn.

PAJAMA PARTY

My husband was the first in our group to turn 40, so he knew he was in for some sort of surprise. But he didn't expect 30 friends in their pajamas showing up at 7:30 a.m. to wake him. I supplied juice and coffee, while friends brought rolls, fruit, bagels, and balloons. It was a huge success and a complete surprise.

Carol Lloyd
Phoenix, Ariz.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each idea published, if you provide your Social Security number.

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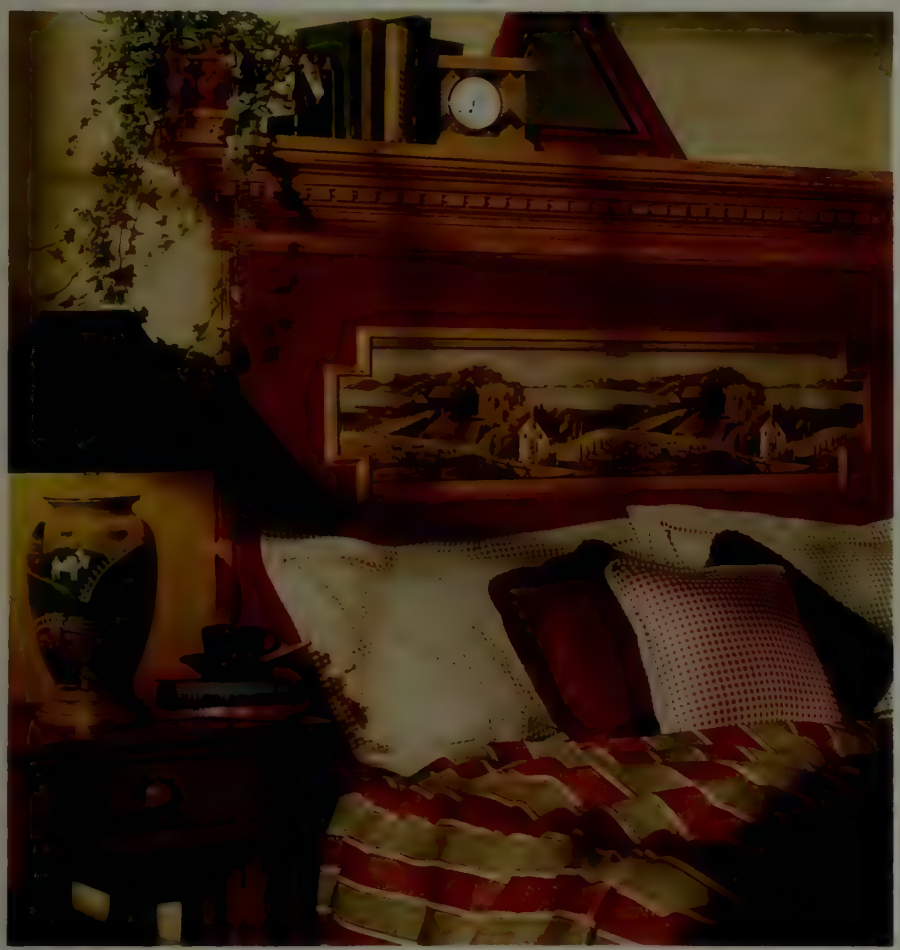
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head for the borders

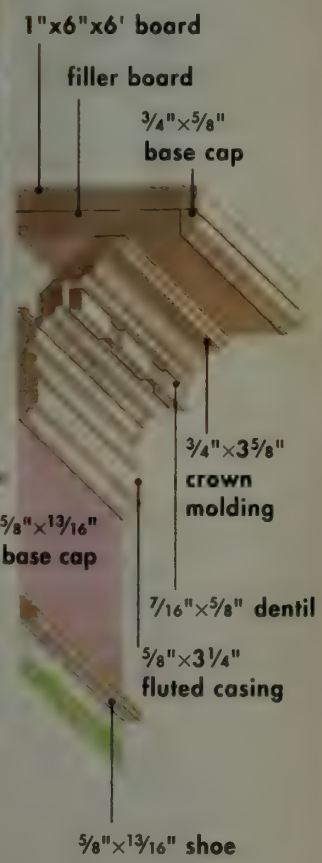
Discover decorating drama with this inside story on wallpaper borders. To pique your room's interest, move borders in from the room's perimeters and team them with ready-made wood moldings. These ideas will add depth, dimension, and distinction to your schemes.

by Cathy Borcherding

a bed with a view



Apply stain to moldings before cutting. Glue and nail the headboard moldings for long-term stability.



Molding-border combinations will add architectural interest, and even stand in for furniture in your room. Here, the dynamic duo turns a flat, blank wall into an artful, three-dimensional headboard.

For a handpainted mural effect, choose a scenic wallpaper border as the focal point and frame it with a narrow base cap molding. Surround this with paint, trimmed on each side with back-to-back base caps. Finally, create a mantel by layering crown and dentil moldings over fluted casing. All pieces are available pre-milled at lumber stores.

To size up your headboard:

- Frame the bed by making the headboard's main section about three inches wider than the mattress.
- Avoid cutting the wall in half. We designed this 65-inch-high headboard to extend about two-thirds the way up a typical eight-foot-high wall.
- Keep the mantel from stealing the show. Our mantel is seven inches high; the border is 10 inches high.
- Allow eight inches of space below the border for pillows. *continued on page 22*

PHOTOGRAPHS: KING AU. ILLUSTRATIONS: MIKE HENRY

STYLE IN THE MAKING

twice framed

Small picture frames set sadly adrift on a large sea of wall find a safe harbor—and visual anchor—within a larger frame of wallpaper borders and moldings.



Select a border pattern that can be read well both vertically and horizontally. The pattern will not always match in all four mitered corners.



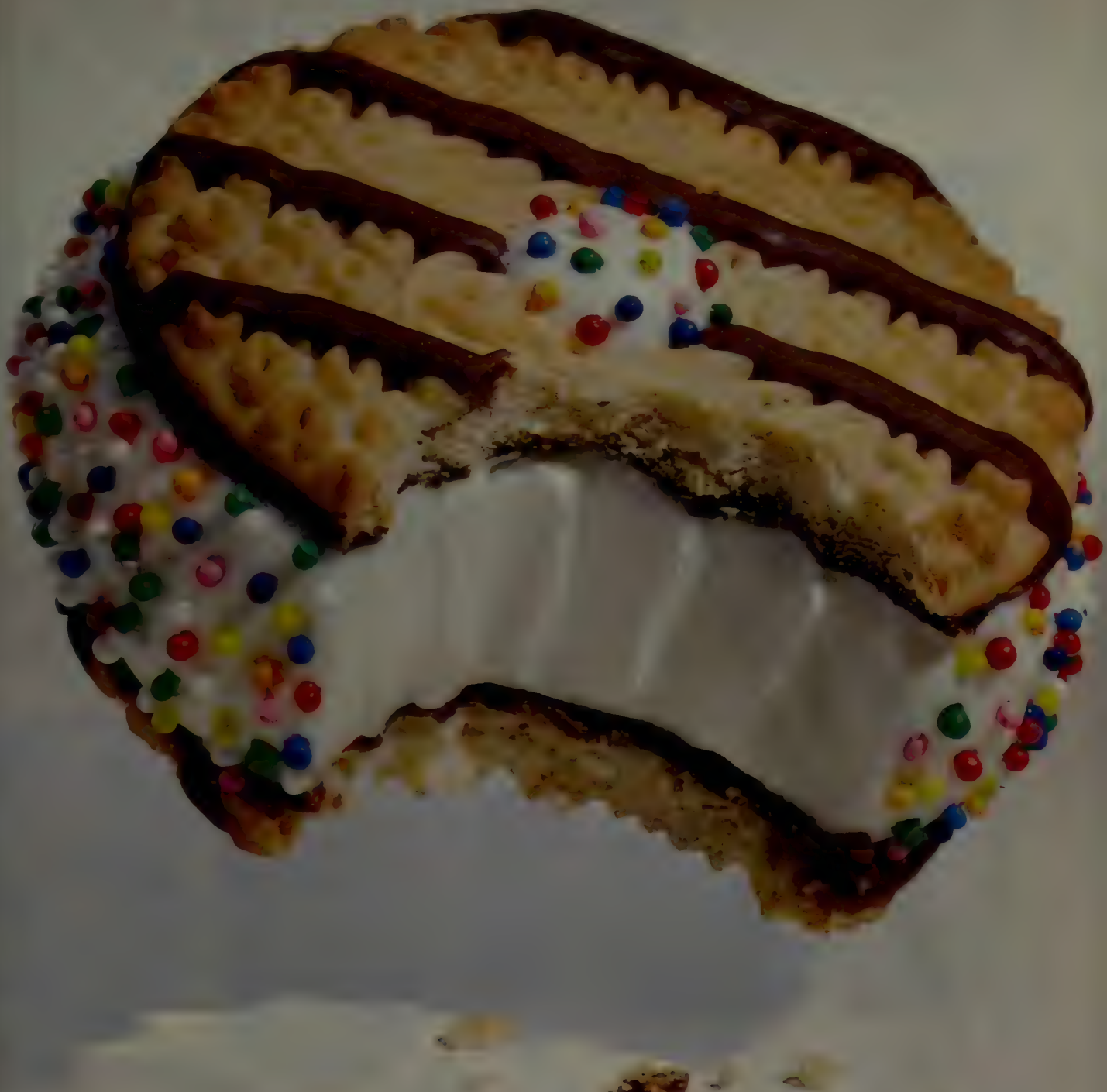
An oversize frame made from a floral border and two types of standard chair-rail molding turns an array of small art pieces into one grand unit. The treatment also creates a custom architectural feature—in a jiffy and at a minimal price.

To create the look, start in the middle and work out, arranging artwork on a bed of color that complements the prints. Plan on paper first to figure the dimensions of your painted "mat." Next, determine the placement of the inside panel molding by leaving at least two inches of wall space between frames and moldings. Then, hang the border, mitering the corners. Complete the frame with a chair-rail molding. For interest:

- Be bold in sizing your arrangement. For high impact, we left only a foot of wall space above and two feet below the frame.
- Frame an uneven number of objects in an asymmetrical grouping.
- Throw in a curve, such as the vase shown here, to break up the pattern of rigid lines.

continued on page 24

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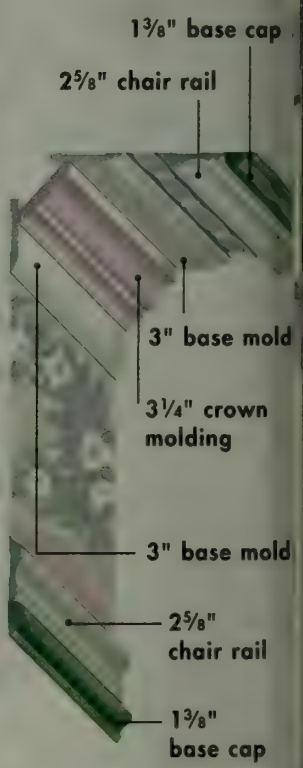
© Kraft Foods, Inc.

sweet dreams

Make up for what your room lacks in architectural detail by building character the easy way—layer wallpaper borders on the wall and ceiling, then frame them with painted moldings.



With a level, draw horizontal lines as guides for hanging the moldings. Hang the borders first, so the moldings can snug up to their edges.



Yes, there *is* a way out of a boxy room. Create architectural interest and blur the hard edge between wall and ceiling with this "cove ceiling" effect. Ornate looking, the treatment consists simply of two borders—a floral and a geometric—separated at the ceiling line and trimmed with a mix of richly painted crown and base moldings and chair rails.

Compare this with traditional applications of ceiling moldings and wallpaper borders; they stop sharply where walls and ceiling converge, thus emphasizing an ordinary room's already squatty proportions. In contrast, using one border on the ceiling "lifts" the ceiling and softens the corner by carrying your eye in a wide arc between the two outside moldings. To create your own "cove":

- When using two borders, hang the wider one on the wall to keep the ceiling from seeming top-heavy.
- Build a framework by painting the same color on the two outside moldings.
- Coordinate fabrics in the same dark tones to draw your eye down from the ceiling treatment.

continued on page 26

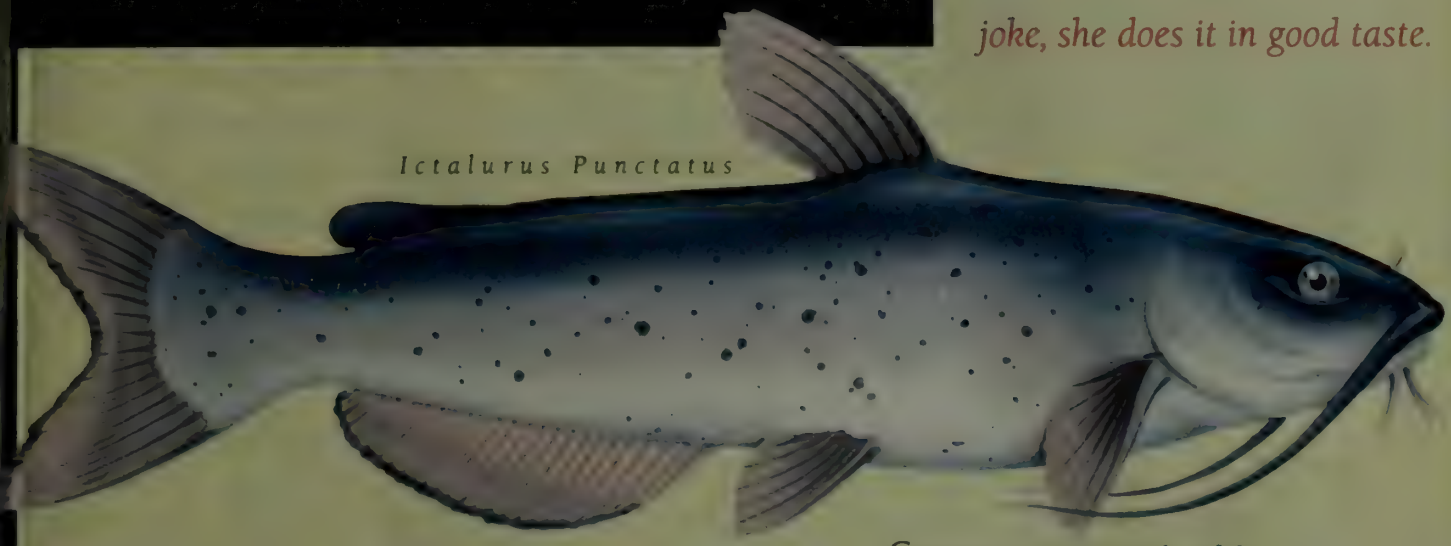
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NATURE

has a sense of

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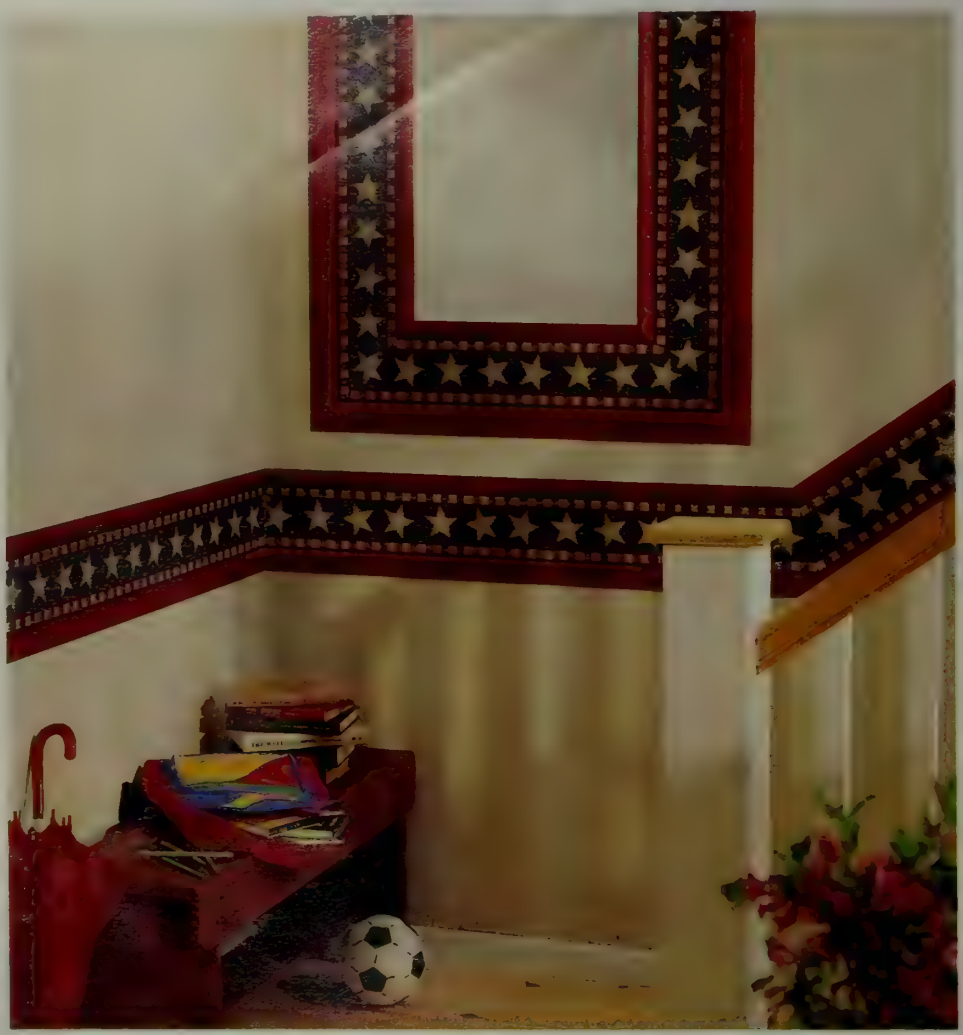
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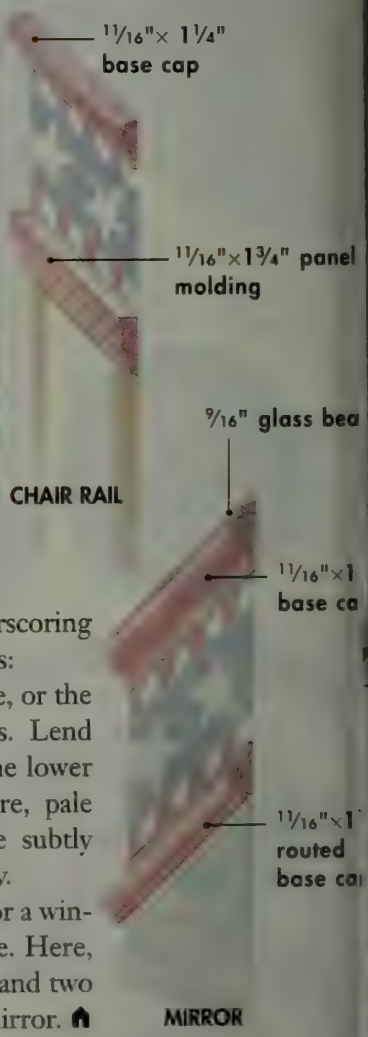
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stars and stripes

Add sizzle to a staircase landing with a star-studded chair-rail border framed in molding. Then, double the pleasure by repeating the border in a mirror frame.



To miter the corner where the horizontal and angled chair rails meet, cut the moldings at half the degree of the angle of the stairway.



Beautiful in its simplicity, an unadorned wooden staircase pleads a strong case for decoration with pure geometry. Here, a chair-rail treatment in starry red, white, and blue rises to the occasion.

The treatment, which descends the once-blank wall opposite the balustrade at handrail height (about 36 inches from the floor), consists of the border framed between bands of slender red-painted moldings. Any simple, repeating pattern, such as checks or hearts, will break up the neutrality of a stairway wall while underscoring the architecture. For design success:

- Don't let the chair rail go it alone, or the result will be a chilling starkness. Lend some visual support by painting the lower wall in a coordinating color. Here, pale vertical stripes add interest while subtly underscoring the graphic simplicity.
- Use the border around a mirror or a window on the landing to lift your eye. Here, we framed a mirror with a border and two base caps, one routed to hold the mirror. ⌂

Buying information, page 211



Inside's your own personal walking shoe. Outside's the whole world.

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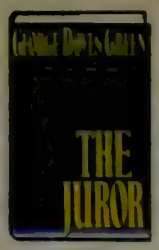
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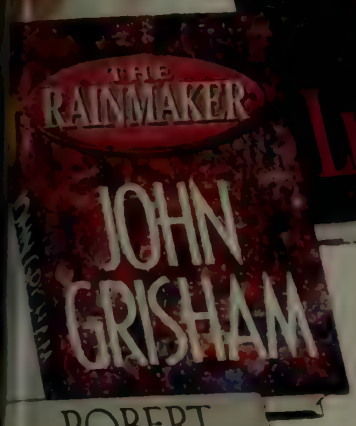
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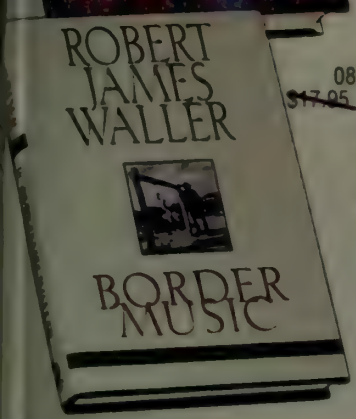
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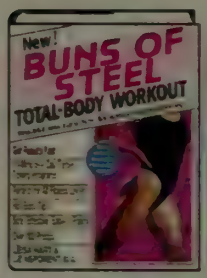


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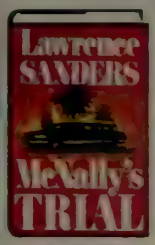


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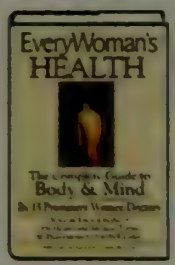
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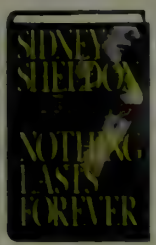
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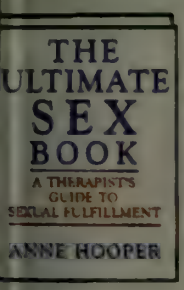


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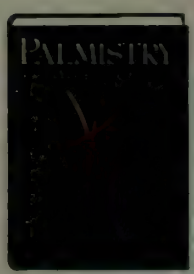
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Growing Healthy Kids

By Janet Lepke, R.D., and Kristi Fuller, R.D.



Your frisky toddler refuses cooked carrots but loves candy. Your energetic teenager would live on ice cream but scorns milk. Parents agree that controlling the foods their kids eat isn't easy. At times, you may throw up your hands in despair and look the other way. But during childhood, making sure your kids get the important nutrients they need from various foods will help them develop into strong, healthy adults.

WHAT CHILDREN EAT TODAY CAN AFFECT LIFELONG HEALTH.

FROM HIGH CHAIR TO LUNCHROOM (AGE 2 TO 12)

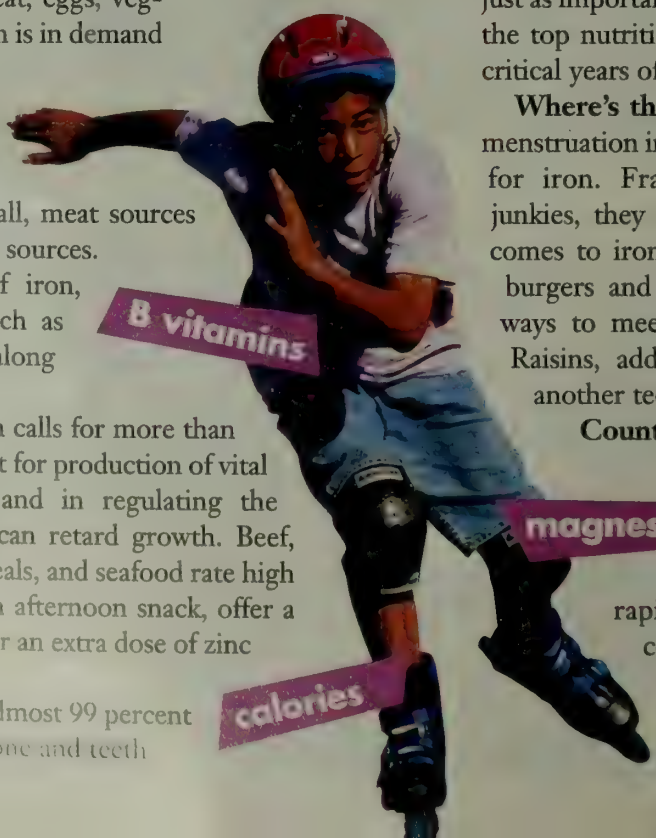
Your bundle of joy quickly grows into a prepubescent package of energy. Throughout childhood, multiple stages of development and body changes affect a child's needs for specific nutrients. Without these nutrients, your child may not grow properly.

Pumping iron. Found in meat, eggs, vegetables, and fortified cereals, iron is in demand when a child's growth is accelerated and blood volume increases. Iron requirements early in life are slightly higher than those of adult men. Overall, meat sources are better absorbed than plant sources. To increase the absorption of iron, serve vitamin-C-rich foods, such as orange juice or strawberries, along with foods high in iron.

Z is for Zinc. Proper growth calls for more than just iron. Zinc is a key ingredient for production of vital proteins, bone development, and in regulating the immune system. A deficiency can retard growth. Beef, pork, veal, lamb, liver, eggs, cereals, and seafood rate high in this essential mineral. For an afternoon snack, offer a bowlful of whole-grain cereal for an extra dose of zinc and other valuable nutrients.

Calcium with a capital C. Almost 99 percent of dietary calcium is used for bone and teeth formation. After age 1, a child's calcium requirements jump up from 600 to 800 mg per day. If the obvious dairy sources, such as milk and cheese, don't ring your child's cowbell, try green leafy vegetables (broccoli, collard greens, and kale), corn tortillas, or tofu.

Stop counting calories. Children require ample calories to grow up strong. Fat consumption contributes the most to weight gain. But fat needn't be policed so strictly with children. If your children occasionally want something high in fat, such as deep-fried onion rings, let them indulge. Just be sure they eat a variety of foods that are rich in healthful nutrients.



THE TEMPESTUOUS TEENS

Hormones rage, self-image waxes and wanes, and healthy eating habits fly out the window during the teen years. Junk food, soda, candy, and skipped meals abound, yet it's just as important to eat nutritiously. Check out the top nutrition needs for weathering these critical years of maturation.

Where's the iron? The growth spurt and menstruation in young girls increases the need for iron. Frankly, if you have fast-food junkies, they may be in fair shape when it comes to iron. Red meat, specifically hamburgers and meat tacos, may be practical ways to meet your teenager's iron needs. Raisins, added to cookies or breads, are another teen-favored source of iron.

Count on calcium. While soda pop is swigged daily by teens, milk often is shunned. But through age 24, rapid bone formation requires consistently high calcium levels. The best bet is to ditch the soda and drink low-fat or

continued on page 34

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Good Food

continued from page 32

skim milk at meals. If milk doesn't tempt your teen, try dark green leafy vegetables, low-fat or nonfat cheeses and yogurt, or calcium-fortified soy milk or orange juice. If your teens thrive on ice cream and that is their best source for meeting calcium requirements, search out the low-fat flavors.

Energy-boosting B vitamins. All maturing teenage bodies need ample thiamine (a B vitamin) for proper growth, for converting food to energy, and for normal heart function. While girls require a consistent amount throughout adolescence, boys' needs increase because of their higher metabolism. A diet rich in unrefined whole grains, lean pork, poultry, legumes, seeds, and nuts will help meet these needs. For instance, add chopped peanuts to tuna salad, use brown rice in recipes calling for white rice, and top tossed salads with kidney or garbanzo beans.

Another B vitamin, riboflavin, spurs energy production and helps keep skin healthy. It's found in milk, meat, and green vegetables (such as broccoli, asparagus, and spinach). With its abundant availability, riboflavin requirements are relatively easy to meet.

Niacin is needed for energy production and hormone formation. This B vitamin is found in meats, nuts, green veggies, and legumes.

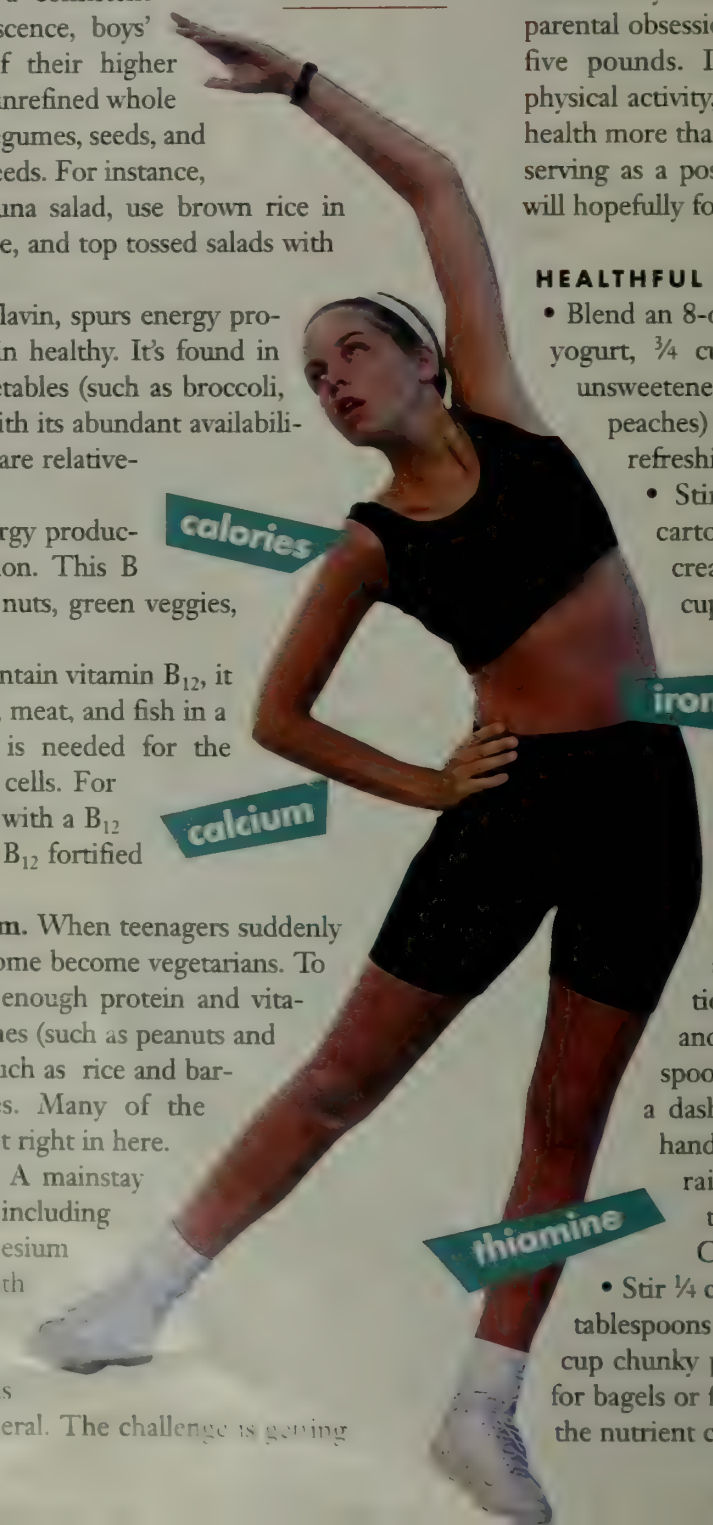
Because plants do not contain vitamin B_{12}, it is advisable to include liver, meat, and fish in a teen's diet. This vitamin is needed for the development of red blood cells. For vegans, provide your child with a B_{12} supplement or use vitamin B_{12} fortified soy milk.

Voting for vegetarianism. When teenagers suddenly realize they have a voice, some become vegetarians. To make sure your teen gets enough protein and vitamins, serve plenty of legumes (such as peanuts and dry beans), whole grains (such as rice and barley), nuts, and vegetables. Many of the Mexican foods they crave fit right in here.

Mind the magnesium. A mainstay in many bodily processes, including muscle contraction, magnesium requirements skyrocket with adolescence, especially for boys. Their higher metabolism places extra demands on this energy-driving mineral. The challenge is getting teens to eat enough. Magnesium is found in unrefined grains, legumes, nuts, meat, and green vegetables. For a magnesium boost, substitute beans for some of the meat in casseroles, and sprinkle toasted wheat germ over the top before baking. Just 2 tablespoons of wheat germ provides half of the required magnesium for the day.

The mighty calorie. While weight often becomes an issue in the teen years, especially with girls, adequate calories are critical in supporting the growth spurt. Great-tasting, healthful snacks are key to maintaining high energy levels. Limit high-fat, high-calorie snacks such as candy bars and chips to prevent unnecessary weight gain. Try to avoid any parental obsession if your teen carries an extra five pounds. If you encourage additional physical activity, it will positively impact good health more than the food bargaining chip. By serving as a positive role model, your troops will hopefully follow.

SERVE AS A ROLE MODEL AND YOUR TEENS WILL FOLLOW: EAT WELL AND STAY FIT.



HEALTHFUL RECIPE IDEAS

- Blend an 8-ounce carton of low-fat vanilla yogurt, ¾ cup milk, and 2 cups frozen unsweetened fruit (such as strawberries or peaches) till smooth. Makes 2 to 3 refreshing calcium-rich drinks.
- Stir together ½ of an 8-ounce carton reduced-calorie soft-style cream cheese with strawberries, ¼ cup dried snipped fruit (such as apricots, cherries, or apples), and 2 tablespoons nonfat dry milk powder. Use as a spread for bagels or a filling for flour tortillas. Calcium, iron, and B vitamins pull rank in this snack.
- Make a serving of oatmeal according to package directions, except use half apple juice and half water. Stir in 1 to 2 tablespoons nonfat dry milk powder, a dash or two of cinnamon, and a handful of snipped dried fruit or raisins. This breakfast contributes calcium, iron, vitamin C, and magnesium.
- Stir ¼ cup chopped banana and 1 to 2 tablespoons toasted wheat germ into ½ cup chunky peanut butter. Use as a spread for bagels or flour tortillas. Magnesium tops the nutrient chart in this spread.

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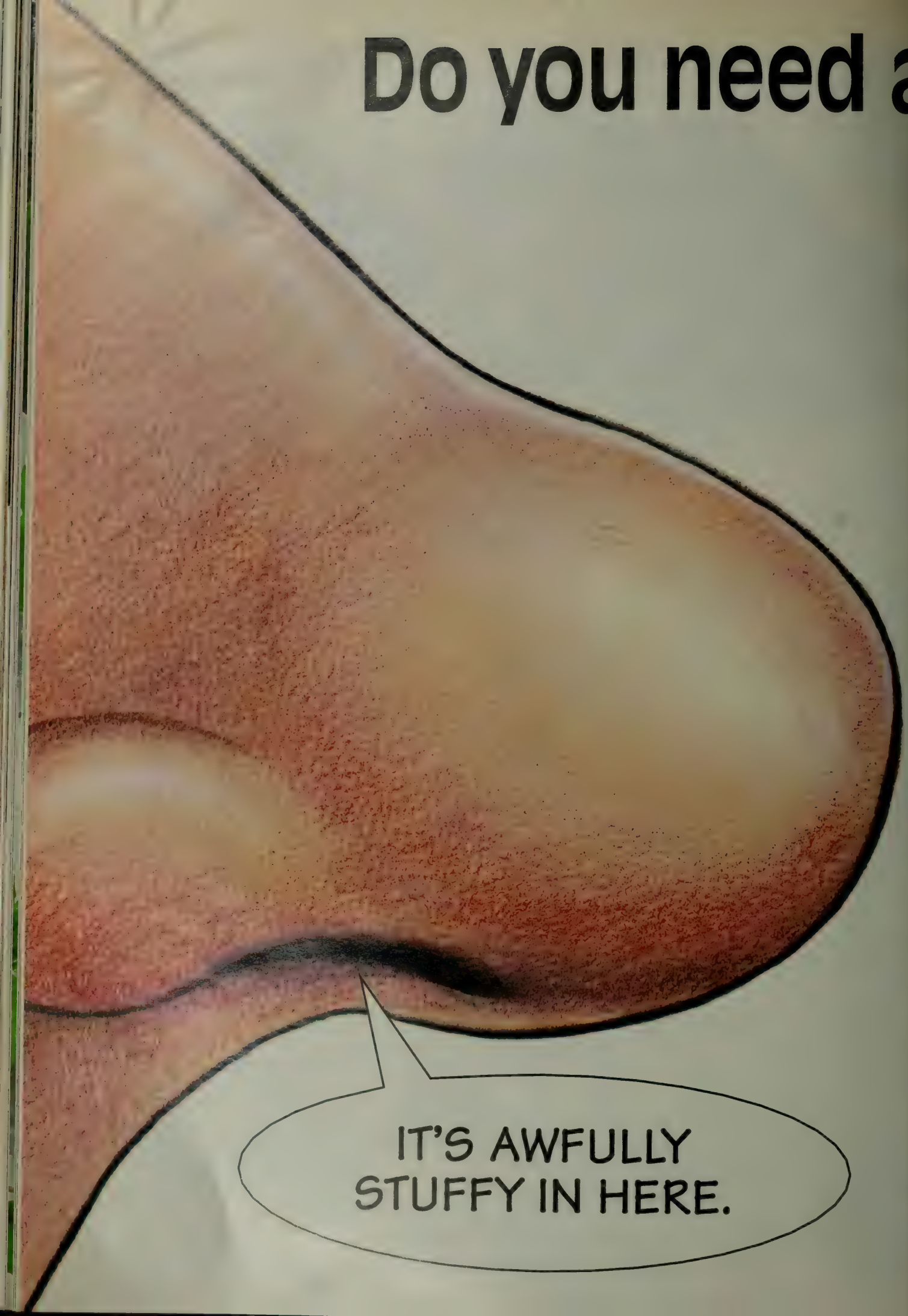
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BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only. Before prescribing, see complete prescribing information in Flonase™ Nasal Spray product labeling.

CONTRAINDICATIONS: Flonase™ Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of Flonase™ Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, Flonase Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of Flonase Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information). If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of Flonase™ Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of Flonase Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of Flonase Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with Flonase Nasal Spray. Patients using Flonase Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

Flonase Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex.

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with Flonase Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use Flonase Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with Flonase Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of Flonase Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated [illegible] of oral doses up to 1.0 mg/kg (3 mg/m² as calculated [illegible] the mouse or inhalation of up to 57 mcg/kg (336 [illegible]

Fluticasone [illegible] prokaryotic or eukaryotic cells *in vitro*. No [illegible] human peripheral lymphocytes *in vitro* or in the [illegible] at high doses by the oral or subcutaneous routes [illegible] fibroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of the full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when Flonase Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of Flonase Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with Flonase Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months duration with Flonase™ Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible): ***Respiratory:*** Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).

Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.

Neurological: Dizziness.

Special Senses: Eye disorder, unpleasant taste.

Digestive: Nausea and vomiting, xerostomia.

Skin and Appendages: Urticaria.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with Flonase™ Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of Flonase Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

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health update

NEWS THAT WORKS FOR YOU

NEW CHICKEN POX VACCINE GOES BACK TO SCHOOL



After 30 years in the making, the newly approved chicken pox vaccine (sold as Varivax) is available, and the American Academy of Pediatrics recommends it for all children who have not yet been infected.

A study, published in the journal *Pediatrics*, found that vaccinating against chicken pox is cost-effective for school-age children. Time lost from work, medication, hospitalization, and outpatient visits make this a costly national illness.

Here are the dosage guidelines: Children, 1 to 12 years old, should receive a one-time shot. Adolescents and adults who have never had chicken pox should receive two shots, given four to eight weeks apart. Each shot costs about $39 and many insurance companies cover it.

Chicken pox, one of the most contagious childhood diseases, affects about 4 million kids each year. The highest number of cases is reported among children 5 to 9 years old. Chicken pox is mostly an irritant for healthy children, but about 90 kids a year die from complications of the disease.

HEALTH ALERT

Got a Headache? Check Your Bra

Bras with thin, narrow straps may be sexy, but they can cause serious nerve damage if worn too tight.

Straps that are too tight put downward pressure on the cervical nerve in the lower neck and shoulders causing pain and headaches, warns Phala Helm, M.D., chairwoman of physical medicine and rehabilitation at the University of Texas Southwestern Medical Center at Dallas. Over time, pain can radiate down your arms to your hands. Purses worn over the shoulder and tight spaghetti-strap swimsuits also can cause nerve damage.

The solution? Dr. Helm recommends that all women, especially full-busted ones, shop for support bras with wide straps that distribute weight more evenly.

Coming Soon... The Genetic Diet

Nutritionists may someday design personalized diets based on your genetic code.

John Allred, Ph.D., an Ohio State nutrition professor and coauthor of *Taking the Fear Out of Eating* (Cambridge, 1992, $15), says nutritionists can use what biochemists have learned about how to prevent diseases, such as cancer, heart disease, and osteoporosis.

For example, researchers know that vitamin D helps the body absorb calcium and that some of the 25 million Americans who get osteoporosis have trouble absorbing vitamin D. If nutritionists could identify those patients, they could design a diet containing very high doses of



vitamin D. (Such high doses would be toxic for most people.)

"If we could look at your DNA and determine if you have the genes responsible for breast cancer, we don't have to guess at your risk," Allred says.

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health update

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DEADLY POISON SMOOTHS WRINKLES

Plastic surgeons at the University of Michigan Medical Center are using the toxin that causes botulism to temporarily erase "worry" lines between the eyes.

That's right—poison. Untreated, botulinum toxin—or "botox" as it is known—freezes respiratory muscles, often fatally suffocating its victims. But that very same quality also reduces those troublesome little lines that appear between our eyebrows as we age. A minute amount injected near the creases weakens the muscle tone, causing skin to flatten.

Shan R. Baker, M.D., director of UM's Center for Facial Cosmetic Surgery, says it takes about three to five days for the toxin to work. Patients know it's successful when they can't furrow their brow. An office visit for the toxin injection costs about $250. Two to three injections a year are needed to keep the lines smooth.

Results last between three to six months, and wrinkles will return when the botox wears off, Baker says. But they often are not as deep. Most doctors will only use botox on women between 30 and 60. Older women have significantly deeper wrinkles, and the toxin is not as beneficial. Treatment also is limited to the upper part of your face because muscles frozen below the eyes can distort your smile.

ANOTHER REASON TO LIVE IN A SMALL TOWN

You may have long suspected that standing amid swirling bus fumes, belching smokestacks, and dusty construction sites may be shortening your life. Now researchers have proven it.

A study of more than 500,000 people in 151 cities found that those who live in polluted cities increase their risk of dying by 15 to 17 percent. This increased risk of dying is due to elevated cardiopulmonary disease. Diesel buses, car emissions, burning wood, and utility smokestacks create tiny bits of soot, dust, and smoke known as fine particles. Although the particles are microscopic (hundreds would fit on the end of a single strand of human hair), they get embedded deep in the lungs and can cause both acute and chronic lung illnesses.

Because of the study's size, researchers were able to see the effects of fine particle pollution on smokers and nonsmokers. "We can now be quite confident that the effects we've observed continue even after carefully accounting for the effects of smoking," says C. Arden Pope III, Ph.D., a professor

at Bringham Young University and the study's lead author.

Not all of the most polluted cities are big ones, says Pope. For example, Steubenville, Ohio, population 22,000 (near the Pennsylvania border), has a serious air pollution problem, he says. But no matter what size city you live in, there is little you can do to completely avoid the hidden particles.

"These fine particles readily penetrate indoors," Pope says, "so it's pretty hard to escape exposure."

SAFE AT THE PLATE

Restaurant "doggie bag" delay after leaving restaurants and using one spoon to stir and taste our meals are two of the Top 10 Common Food Safety Mistakes, according to the National Live Stock and Meat Board.

Others include unclean cutting boards and thawing frozen items on the countertop.

To clear up the confusion on storage, sanitation, and temperatures, the board is offering a free brochure called "Plating It Safe: A Market-to-Mealtime Checklist to Help Keep Food Safe."

Full of tips for everyday kitchen survival, the brochure tells the safest ways to buy groceries, cook them, and handle the leftovers.

For a copy, write to: Plating It Safe, INCM-95/Customer Service Department, National Live Stock and Meat Board, 444 N. Michigan Avenue, Chicago, IL 60611.

TOOTHBRUSH TATTLER

Since everyone knows to stop at a red light, a Philadelphia dentist is hoping one will stop overzealous brushers from harming their teeth and gums. Eric L. Spieler, D.M.D., created the Alert toothbrush with a built-in pressure sensor that lights up when you brush too hard.

"Patients who have the greatest risk for abrasion-induced periodontal disease are usually those who have the cleanest teeth and

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ONE SQUEEZE AND YOU'LL SWITCH.



Just a squeeze of Jergens® Body Shampoo, and you'll say goodbye to bar soap forever. There's enough lather to last the entire shower, and your skin feels so clean, fresh and alive, not dry at all. Go ahead, squeeze for yourself.

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health update

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the healthiest looking gums," says Dr. Spieler.

Studies show that 66 percent of Americans have inflicted irreversible damage to their teeth and gums by brushing too forcefully. Over time, the constant abrasion can wear away enamel and gum tissue. Although many people realize they need to lighten up, few know just how much force to use, Dr. Spieler says.

The Alert toothbrush looks like a regular toothbrush, except for a microsensor that lights in the clear handle. Alert's manufacturer, Bioware Inc. of Bala Cynwyd, Pennsylvania, says Alert can last up to 12 months. It costs $11.95 and is sold only through dentists. To order, call 800/225-3780.

NEW TECHNOLOGY GETS MUSCLES MOVING AGAIN

People paralyzed from spinal cord injuries who can't grasp and release objects are doing just that with toothbrushes, combs, and pens, thanks to new technology being studied at the University of Maryland and Baltimore VA Medical Center.

The patients are using the Neuroprosthetic Hand Grasp System, which includes components surgically implanted in their bodies and a control unit carried behind their wheelchairs. A computerized external device sends radio signals across the skin to an internal component placed inside the upper chest.

Thin wires, connected to the internal device, tunnel down one arm. They are attached to seven electrodes sewn into the patient's forearm and hand.

The electrodes stimulate the muscles to move the hand. Another electrode in the shoulder tells the patient how hard he or she is grasping an object.

"With these types of injuries, the brain is no longer able to send messages to the nerves in the arm. We are using a computer to send signals to the muscles directly, in effect, bypassing the patient's damaged nervous system," says W. Andrew Eglseder, M.D., an orthopaedic surgeon at the University of Maryland's Shock Trauma Center.

If you are interested in becoming part of the study, call the University of Maryland Medical Center at 410/605-7171.

HOW DRY EYE AM



Stuffy corporate offices, harsh lighting, and glare from your computer screen can cause dry eyes—that gritty, burning sensation in your eyes. To soothe the burn, try artificial tears that contain the polymer carboxymethylcellulose.

Alan L. Shabo, M.D., clinical professor of ophthalmology at UCLA, says several eyedrops contain only vasoconstrictors, which eliminate redness but don't restore moisture.

"Long-term use of vasoconstrictors can actually cause a 'rebound effect' in which patients experience increased redness and dryness," says Dr. Shabo.

Eyes, like the rest of our bodies, require moisture to stay healthy. Tears protect, lubricate, and clean the eye. They also prevent dehydration of the mucous membrane that coats the surface of the eye and eyelids.

If you work with a computer all day, consider the following:

- Break up computer time. A 5-minute break every hour can ease tired eyes.
- Use an antiglare filter on your screen. Filters are sold at computer stores and have been found to significantly reduce glare.
- If possible, replace fluorescent lights with desk lamps.
- Avoid wearing contact lenses for long periods of time—they tend to increase the chance of dryness.
- Position your computer monitor so that you are looking down on it. This helps decrease the exposed surface of the eye and helps keep moisture in.
- Keep knickknacks at a minimum and cover your computer every night to keep dust away.

A free brochure by Allergen, "Questions and Answers About Your Dry Eyes," is available by calling 800/999-1870. ⌂



by Gary Legwold

Do a Little, Get a Lot

FINALLY AN EXERCISE PLAN EVEN COUCH POTATOES CAN'T REFUSE



Fitness consultant and personal trainer Janine Queller gets part of her daily workout brushing her teeth and pumping gas.

"If the only way I got my exercise was by dropping everything for an hour and going to the health club, I'd weigh 300 pounds," she says. "The club doesn't fit my lifestyle."

Her life, like many others, is busy with work and family. Chipping out big chunks of time for exercise just isn't possible. She does work out, though; a little here and a little there. At the end of the day, it adds up to a lot. Examples:

- While brushing her teeth, Janine does squats. Or, to tone her abdominals, she rests her buttocks against the sink and tilts back from the waist.
- In the car pool (when not driving), she works her thighs and abs by lifting one bent leg at a time. She repeats the exercise at her work desk.
- Pumping gas, Janine does step aerobics, using the gas pump island as a bench. "I have a van with two tanks, so I get a long workout," she says.
- When cooking, she leans against the kitchen counter and does modified pushups.

You get the idea. Janine uses her imagination to fit fitness into her day. "I find ways to work out when I want to," she says. "I don't have to schedule exercise and then feel guilty if I miss it. Life is tough enough without that."

How Janine gets her exercise may be refreshing to the majority of us still struggling with regular exercise. Only 22 percent of adults exercise often and vigorously enough to gain health benefits, and 24 percent are sedentary, finds the American College of Sports Medicine (ACSM).

Those in the middle do exercise, but not at a level recommended for health benefits. The incentive, however, to start any exercise program is high. As many as 250,000 deaths a year—about 12 percent of all deaths in this country—are due to lack of regular physical activity.

Exercise guidelines. To help get more of us off the couch, the ACSM and U.S. Centers for Disease Control issued a national fitness guideline in July 1993 that just recently has been getting attention. Unlike other recommendations whose intensity often intimidated exercisers, the rule appeals to the sedentary with a simple, but tempting message: If you do a little, you get a lot.

The guidelines are simple: Adults should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week. Your effort should be enough to burn 200 calories a day, about the equivalent of walking two miles briskly. Even three moderate 10-minute bursts of exercise throughout the day can improve your health.

Exercise helps your heart, blood pressure, mood, and cholesterol. It also fights off osteoporosis, obesity, and diabetes. One longevity study followed 8,463 male workers in Israel for 21 years. Compared with the men who did no exercise, those who did light to moderate, non-daily exercise, such as walking, had a 21 percent lower risk of dying from heart disease and a 16 percent lower risk of dying from all causes.

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To win the battle for clean teeth,



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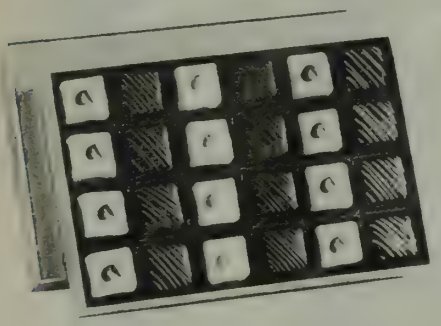
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Do a Little, Get a Lot

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Those who did daily, light-to-moderate exercise had slightly lower risks: a 27 percent reduced risk from heart disease and 19 percent from all causes. The men who exercised vigorously every day had a 29 percent reduction from heart disease, but overall, there was only a 16 percent drop in deaths.

"The greatest incremental benefits came from doing light to moderate activity," says Charles Eaton, M.D., author of the study and an associate professor of family medicine at Brown University.

Is it really enough? While the 30-minutes-a-day recommendation has created renewed interest in exercise, it also has created confusion. Many exercise experts maintain that you must extend yourself vigorously while exercising if you want to really increase the odds of extending your life. A recent Harvard study found that to achieve the level of exercise associated with longevity, a person would have to do the equivalent of walking or jogging briskly for 15 miles a week.

"There is nothing wrong with those recommendations, and if you are following them, fine," says Steven Blair, ACSM president-elect and director of research at the Cooper Institute for Aerobics Research in Dallas. "But we found the vast majority weren't following them. We needed a new approach."

In other words, the new recommendation complements rather than replaces past guidelines; it reaches out to the sedentary and almost sedentary majority.

Make exercise routine. If you break into a sweat just thinking of squeezing 30 minutes of exercise into each day, take a deep breath.

You can accumulate short exercise times—10 minutes on coffee break, 10 at lunch, and 10 after dinner—to reach the goal of expending about 200 calories a day.

"Our idea was to help people make exercise less exotic, more part of their day-to-day living," says Russell Pate, Ph.D., at the University of South Carolina. "You don't maintain a healthy diet one day then fall off the wagon the next. You don't wear a seat belt only on Mondays, Wednesdays, and Fridays. You do these things daily, as part of your normal lifestyle. Our goal is to make this the same with exercise."

Studies show that runners who broke up their exercise into three 10-minute mini bouts had about the same fitness gains as the one-shot 30-minute group. Also, those who exercised in smaller spurts showed cholesterol improvements that the one-shot group did not.

In his book, *Living With Exercise* (American Health Publishing Co., 1991, $19.20), Blair shows just how easy it is to get your daily dose. Always use the stairs. Take your baby for a nightly stroll. Walk between your favorite TV shows or when you need to think about a problem.

Put your exercise clothes on when you get up or home from work and don't take them off until you have exercised. With a little effort, gardening, lawn work, house cleaning, home repairs, and playing with kids can qualify toward your quota.



Getting active adds life to your years and years to your life.

These mini bouts of exercise quickly add up to the recommended 200 calories a day. In 10 minutes, a 150-pound person can burn 50 to 60 calories painting a house, walking briskly, or golfing (sans cart).

Between 60 and 70 calories are burned hoeing a garden, playing badminton, and taking a leisurely bike ride. (To adjust for weights over and under 150 pounds, do the following: Subtract 10 percent from these calorie numbers for every 15 pounds under 150; for every 15 pounds over, add 10 percent).

We tend to think in all-or-nothing terms, especially when it comes to exercise. This guideline asks us to change our thinking: Don't worry about intensity, target heart rate zones, or all that stuff that may have turned you off about exercise.

Just do a little and do it every day. That will eventually lead to a little more, and a little more, and a little more. Pretty soon you will have walked away from the sedentary life for good.



...And shins everywhere shouted out with glee.

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by Patricia Lopez Baden



beyond the blues

Women in this country are getting seriously depressed. Learn how to spot it, treat it, and beat it.

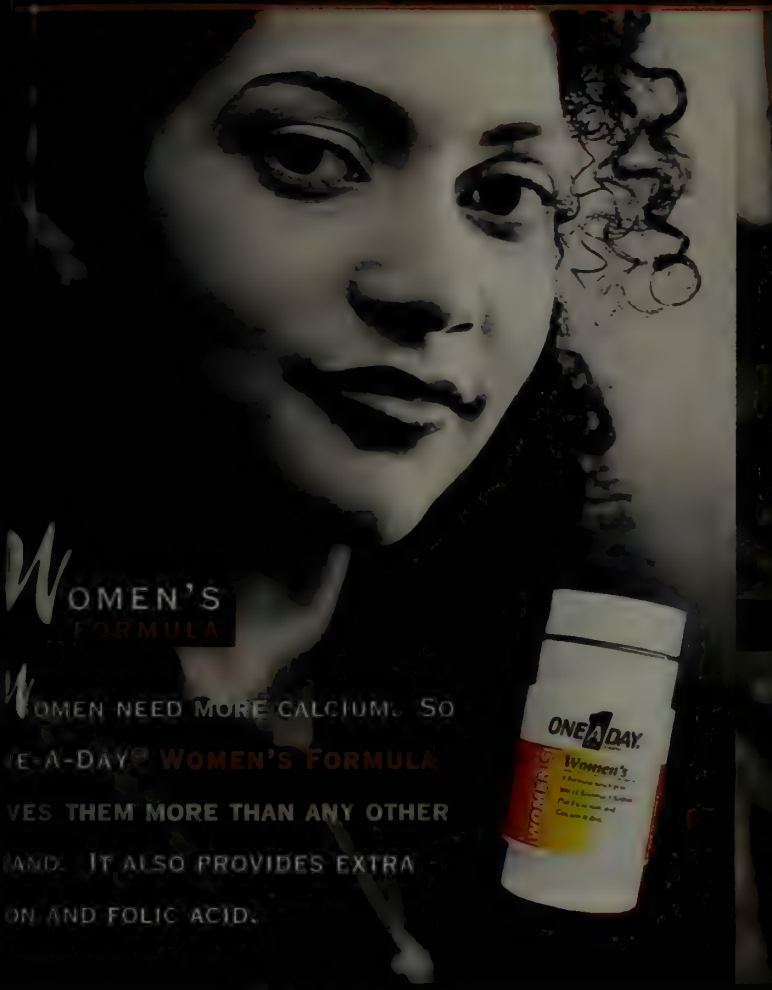
At 47, Joan Gale had reached a comfortable stage in life. With her two sons in college, a good marriage, a close circle of friends, and time to enjoy them, she felt luckier than most.

Then, in December 1993, her mother died of congestive heart failure. At first, Joan felt only relief. Her death followed 20 years of illness that included breast cancer, a brain tumor, and severe arthritis. But by February, Joan began feeling poorly. Pain in her knees. A racing heart. When a doctor diagnosed arthritis in her hands, she burst out crying. "I felt like I'd been given my mother's death sentence," she says.

For the first time in her life, Joan lost interest in her favorite activities. Mindful of her mother's fatal illness, she began checking her pulse several times a day. She became listless and found it hard to concentrate. Normally a talker, Joan withdrew. "I just wanted to be in my room and be quiet," she says. "I never stopped going to work, but I barely made it through the day."

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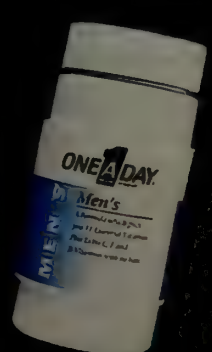
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"Talk therapy can provide the crucial elements for long-lasting relief from depression."

Beyond the Blues

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Joan became one of 17 million Americans who suffers from depression, a debilitating disease that remains shrouded in shame and myth. While anyone can develop depression at anytime, women are twice as likely as men to experience it. At least one in seven women will experience major depression during her lifetime.

"Depression is an illness that is very much misunderstood," says Susan Blumenthal, M.D., assistant U.S. Surgeon General and deputy assistant secretary for health in the Department of Health and Human Services. "It is one of the most pressing public health problems in the country today, yet people still view depression as a character flaw."

An illness, not a weakness. Like heart disease or diabetes, depression is a biological, medically treatable illness. Through brain imaging and computed tomography (CT) scans, doctors have detected actual changes in the brain activity of depressed patients. Some patients show higher levels of hydrocortisone, a steroid hormone secreted by the adrenal cortex, now thought to be a marker of depression. Depressed patients also have lower levels of neurotransmitters, key chemical messengers in the brain.

"There is almost an underactivity in the brain when someone is in a depression," says John Zajecka, M.D., director of the Woman's Board Depression Treatment and Research Center at Rush–Presbyterian–St. Luke's Medical Center in Chicago. "It's a pretty robust change between a depressed state and when the depression is no longer felt by the patient," he says.

Yet many of us can't let go of the notion that we should be able to control our emotions and anything else that happens in our brains. Too many people believe that admitting to depression is "giving in."

"I'm so ashamed of it still," says Mary, who was diagnosed with severe depression in her mid-40s (her last name is being withheld by request). "I feel like I should be able to manage, but I can't. My whole extended family and their reaction to my depression was that I just needed some rest. Then I was supposed to snap out of it. But I couldn't."

Why women are more prone to depression than men is the subject of much ongoing research. Doctors are zeroing in on the psychological, environmental, and biological differences between the sexes. Boys and girls show similar rates of depression until adolescence, but women outpace men during their childbearing years, says Dr. Blumenthal, suggesting hormones may play a role.

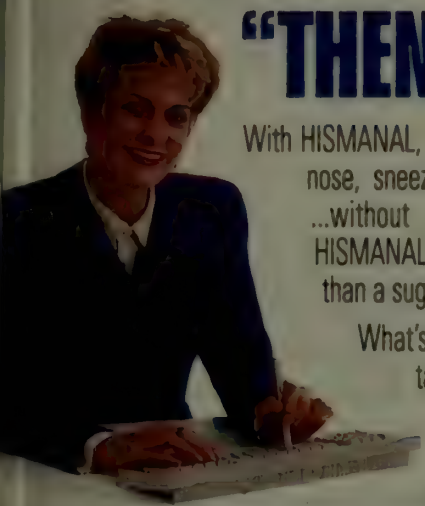
Social pressures contribute to the onset of depression. More women than men live in poverty. More women are victims of physical and sexual abuse, sexual discrimination, and harassment. And more women are single parents. The juggling of home, family, and job puts many under excruciating stress. Some women are able to cope with the added burdens, but for those with a susceptibility to the disease, such stress may trigger depression.

Genetics also play a role. You are at much higher risk for developing depression if close relatives have a history of the illness. In Joan's family, for instance, both her father and her paternal grandfather battled severe depression.

continued on page 54

"Some seasonal allergy medicines used to make me feel drowsy."





"THEN I WOKE UP TO HISMANAL."

With HISMANAL, you get relief of your runny nose, sneezing, and itchy/watery eyes ...without getting drowsy. In fact, HISMANAL causes no more drowsiness than a sugar pill.*

What's more, you only have to take HISMANAL *once a day* for a full 24 hours' worth of relief.

HISMANAL is available by prescription only. So ask your doctor today about SMANAL. And wake up to a different kind of allergy relief.

ARNING: HISMANAL should be taken only as directed, one blet a day. Do not increase the dose in an attempt to speed the tion of HISMANAL. It may take a few days of regular use to feel e action of HISMANAL.

e reported incidence of drowsiness with HISMANAL (7.1%) in clinical studies involving re than 1600 patients did not differ significantly from that reported in patients receiving cebo (6.4%).

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Janssen Pharmaceutica Inc., 1995

JPI-HS-241

HISMANAL must not be taken with the prescription antifungal medicines itraconazole (Sporanox®) or ketoconazole (Nizoral®) tablets, or the prescription antibiotics erythromycin or clarithromycin.

People with serious liver disease should not take HISMANAL.

HISMANAL has been associated with rare occurrences of abnormal heartbeats and heart attacks. In very rare cases, this could be fatal. Tell your doctor before taking HISMANAL if you have any liver or heart problems.

It's also important to tell your doctor if you ever become faint, dizzy, or have irregular heartbeats while you are taking HISMANAL.

Ask your doctor today about PRESCRIPTION-ONLY

HISMANAL®

(ASTEMIZOLE) 10mg Tablets

The seasonal allergy relief you want...without the drowsiness*

Please see important precautionary information on next page.

HISMANAL®

astemizole, Tablets

Before prescribing, please consult complete prescribing information of which the following is a brief summary

INDICATIONS AND USAGE

HISMANAL tablets are indicated for the relief of symptoms associated with seasonal allergic rhinitis and chronic idiopathic urticaria. HISMANAL should not be used as a p r n product for immediate relief of symptoms. Patients should be advised not to increase the dose in an attempt to accelerate the onset of action.

Clinical studies have not been conducted to evaluate the effectiveness of HISMANAL in the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH ERYTHROMYCIN IS CONTRAINDICATED BECAUSE ERYTHROMYCIN IS KNOWN TO IMPAIR THE CYTOCHROME P450 ENZYME SYSTEM WHICH ALSO INFLUENCES ASTEMIZOLE METABOLISM. THERE HAVE BEEN TWO REPORTS TO DATE OF SYNCOPE WITH TORSADES DE POINTES, REQUIRING HOSPITALIZATION, IN PATIENTS TAKING COMBINATIONS OF HISMANAL 10 MG DAILY WITH ERYTHROMYCIN. IN EACH CASE THE QT INTERVALS WERE PROLONGED BEYOND 650 MILLISECONDS AT THE TIME OF THE EVENT; ONE PATIENT ALSO RECEIVED KETOCONAZOLE AND THE OTHER PATIENT ALSO HAD HYPOKALEMIA

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH KETOCONAZOLE TABLETS IS CONTRAINDICATED BECAUSE AVAILABLE HUMAN PHARMACOKINETIC DATA INDICATE THAT ORAL KETOCONAZOLE SIGNIFICANTLY INHIBITS THE METABOLISM OF ASTEMIZOLE, RESULTING IN ELEVATED PLASMA LEVELS OF ASTEMIZOLE AND DESMETHYLASTEMIZOLE. DATA SUGGEST THAT CARDIOVASCULAR EVENTS ARE ASSOCIATED WITH ELEVATION OF ASTEMIZOLE AND/OR ASTEMIZOLE METABOLITE LEVELS, RESULTING IN ELECTROCARDIOGRAPHIC QT PROLONGATION

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH ITRACONAZOLE IS ALSO CONTRAINDICATED BASED ON THE CHEMICAL RESEMBLANCE OF ITRACONAZOLE AND KETOCONAZOLE. IN VITRO DATA SUGGEST THAT ITRACONAZOLE HAS A LESS PRONOUNCED EFFECT ON THE BIOTRANSFORMATION SYSTEM RESPONSIBLE FOR THE METABOLISM OF ASTEMIZOLE COMPARED TO KETOCONAZOLE

(See **WARNINGS** and **PRECAUTIONS**: Drug Interactions.)

HISMANAL is contraindicated in patients with known hypersensitivity to astemizole or any of the inactive ingredients.

WARNINGS

QT PROLONGATION/VENTRICULAR ARRHYTHMIAS

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS INCLUDING DEATH, CARDIAC ARREST, QT PROLONGATION, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS HAVE BEEN OBSERVED IN PATIENTS EXCEEDING RECOMMENDED DOSES OF ASTEMIZOLE. WHILE THE MAJORITY OF SUCH EVENTS HAVE OCCURRED FOLLOWING SUBSTANTIAL OVERDOSES OF ASTEMIZOLE, TORSADES DE POINTES (ARRHYTHMIAS) HAVE VERY RARELY OCCURRED AT REPORTED DOSES AS LOW AS 20-30 MG DAILY (2-3 TIMES THE RECOMMENDED DAILY DOSE). DATA SUGGEST THAT THESE EVENTS ARE ASSOCIATED WITH ELEVATION OF ASTEMIZOLE AND/OR ASTEMIZOLE METABOLITE LEVELS, RESULTING IN ELECTROCARDIOGRAPHIC QT PROLONGATION.

THESE EVENTS HAVE ALSO OCCURRED AT 10 MG DAILY IN A FEW PATIENTS WITH POSSIBLE AUGMENTING CIRCUMSTANCES (SEE CONTRAINDICATIONS, AND WARNING PARAGRAPHS BELOW WARNINGS BOX). IN VIEW OF THE POTENTIAL FOR CARDIAC ARRHYTHMIAS, ADHERENCE TO THE RECOMMENDED DOSE SHOULD BE EMPHASIZED.

DO NOT EXCEED THE RECOMMENDED DOSE OF 10 MG (ONE TABLET) DAILY.

SOME PATIENTS APPEAR TO INCREASE THE DOSE OF HISMANAL IN AN ATTEMPT TO ACCELERATE THE ONSET OF ACTION. PATIENTS SHOULD BE ADVISED NOT TO DO THIS AND NOT TO USE HISMANAL AS A P R N PRODUCT FOR IMMEDIATE RELIEF OF SYMPTOMS.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH KETOCONAZOLE TABLETS, ITRACONAZOLE, OR ERYTHROMYCIN IS CONTRAINDICATED. (SEE CONTRAINDICATIONS AND PRECAUTIONS: DRUG INTERACTIONS.)

SINCE ASTEMIZOLE IS EXTENSIVELY METABOLIZED BY THE LIVER, THE USE OF ASTEMIZOLE IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION SHOULD GENERALLY BE AVOIDED.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING ASTEMIZOLE SHOULD LEAD TO IMMEDIATE DISCONTINUATION OF TREATMENT AND APPROPRIATE CLINICAL EVALUATION, INCLUDING ELECTROCARDIOGRAPHIC TESTING (LOOKING FOR QT PROLONGATION AND VENTRICULAR ARRHYTHMIA).

(SEE CLINICAL PHARMACOLOGY, CONTRAINDICATIONS, WARNINGS, PRECAUTIONS, AND DOSAGE AND ADMINISTRATION.)

Patients known to have conditions leading to QT prolongation may experience QT prolongation and/or ventricular arrhythmia with astemizole at recommended doses. The effect of astemizole in patients who are receiving agents which alter the QT interval is unknown. However, in view of astemizole's known potential for QT prolongation, it is advisable to avoid its use in patients with QT prolongation syndrome or who are taking medications which are reported to prolong QT intervals (including probucol, certain antiarrhythmics, certain tricyclic antidepressants, certain phenothiazines, certain calcium channel blockers such as bepridil and terfenadine), patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or those taking diuretics with potential for inducing electrolyte abnormalities.

Rare cases of cardiovascular events have been observed in patients with hepatic dysfunction. Systematic evaluation of the pharmacokinetics of astemizole in patients with hepatic dysfunction has not been performed. Since astemizole is extensively metabolized by the liver, the use of HISMANAL in patients with significant hepatic dysfunction should generally be avoided.

PRECAUTIONS

General:

Caution should be given to potential anticholinergic (drying effects) in patients with lower airway diseases.

Caution should be used in patients with cirrhosis or other liver diseases.

HISMANAL does not appear to be dialyzable.

Caution should also be used when treating patients with renal impairment.

Drug Interactions:

See CONTRAINDICATIONS and WARNINGS sections for discussion of information regarding potential drug interactions.

Ketoconazole/Itraconazole

Concomitant administration of ketoconazole tablets or itraconazole with astemizole is contraindicated. (See CONTRAINDICATIONS and WARNINGS BOX.)

Due to the chemical similarity of fluconazole, metronidazole, and miconazole IV to ketoconazole, concomitant use of these products with astemizole is not recommended.

Macrolides (including erythromycin)

Concomitant administration of erythromycin with astemizole is contraindicated. (See CONTRAINDICATIONS and WARNINGS BOX.) Concomitant administration of astemizole with other macrolide antibiotics, including troleandomycin, azithromycin, and clarithromycin, is not recommended.

Information for Patients:

Patients taking HISMANAL® (astemizole) should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients taking HISMANAL should be advised 1) to adhere to the recommended dose and 2) that the use of excessive doses may lead to serious cardiovascular events. Some patients appear to increase the dose of HISMANAL in an attempt to accelerate the onset of action. PATIENTS SHOULD BE ADVISED NOT TO DO THIS and not to use HISMANAL as a p r n product for immediate relief of symptoms. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, or erythromycin. Patients should be advised to consult the physician before concurrent use of other medications with astemizole. Patients should be questioned about pregnancy or lactation before starting HISMANAL therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. (See Pregnancy subsection.) In addition, patients should be instructed to take HISMANAL on an empty stomach, e.g., at least 2 hours after a meal. No additional food should be taken for at least 1 hour after dosing. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Carcinogenesis, Mutagenesis, Impairment of Fertility:

Carcinogenic potential has not been revealed in rats given 260x the recommended human dose of astemizole for 24 months, or in mice given 400x the recommended human dose for 18 months. Micronucleus, dominant lethal, sister chromatid exchange and Ames tests of astemizole have not revealed mutagenic activity. Impairment of fertility was not observed in male or female rats given 200x the recommended human dose.

Pregnancy: Pregnancy Category C:

Teratogenic effects were not observed in rats administered 200x the recommended human dose or in rabbits given 200x the recommended human dose. Maternal toxicity was seen in rabbits administered 200x the recommended human dose. Embryocidal effects accompanied by maternal toxicity were observed at 100x the recommended human dose in rats. Embryotoxicity or maternal toxicity was not observed in rats or rabbits administered 50x the recommended human dose. There are no adequate and well controlled studies in pregnant women. HISMANAL should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Metabolites may remain in the body for as long as 4 months after the end of dosing, calculated on the basis of 6 times the terminal half-life.

Nursing Mothers:

It is not known whether this drug is excreted in human milk. Because certain drugs are known to be excreted in human milk, caution should be exercised when HISMANAL is administered to a nursing woman. HISMANAL is excreted in the milk of dogs.

Pediatric Use:

Safety and efficacy in children under 12 years of age has not been demonstrated.

ADVERSE REACTIONS

For information regarding cardiovascular adverse events (e.g. cardiac arrest, ventricular arrhythmias), please see CONTRAINDICATIONS and WARNINGS BOX. In some cases, recognition of severe arrhythmias has been preceded by episodes of syncope. Similarly, rare cases of hypotension, palpitations, and dizziness have also been reported with HISMANAL use, which may reflect undetected ventricular arrhythmia.

The reported incidences of adverse reactions listed in the following table are derived from controlled clinical studies in adults. In these studies the usual maintenance dose of HISMANAL was 10 mg once daily.

	Percent of Patients Reporting		
	Controlled Studies*		
ADVERSE EVENT	HISMANAL (N=1630) %	PLACEBO (N=1109) %	CLASSICAL** (N=304) %
Central Nervous System			
Drowsiness	7.1	6.4	22.0
Headache	6.7	9.2	3.3
Fatigue	4.2	1.6	11.8
Appetite increase	3.9	1.4	0.0
Weight increase	3.6	0.7	1.0
Nervousness	2.1	1.2	0.3
Dizzy	2.0	1.8	1.0
Gastrointestinal System			
Nausea	2.5	2.9	1.3
Diarrhea	1.8	2.0	0.7
Abdominal pain	1.4	1.2	0.7
Eye, Ear, Nose, and Throat			
Mouth dry	5.2	3.8	7.9
Pharyngitis	1.7	2.3	0.3
Conjunctivitis	1.2	1.2	0.7
Other			
Arthralgia	1.2	1.6	0.0

*Duration of treatment in Controlled Studies ranged from 7 to 182 Days
**Classical Drugs: Clemastine (N=137), Chlorpheniramine (N=100), Pheniramine Maleate (N=47);d-Chlorpheniramine (N=20)

Adverse reaction information has been obtained from more than 7500 patients in all clinical trials. Weight gain has been reported in 3.6% of astemizole treated patients involved in controlled studies, with an average treatment duration of 53 days. In 46 of the 59 patients for whom actual weight gain data was available, the average weight gain was 3.2 kg.

Less frequently occurring adverse experiences reported in clinical trials or spontaneously from marketing experience with HISMANAL include: angioedema, asymptomatic liver enzyme elevations, bronchospasm, depression, edema, epistaxis, hepatitis, myalgia, palpitation, paresthesia, photosensitivity, pruritus, and rash.

Marketing experiences include isolated cases of convulsions. A causal relationship with HISMANAL has not been established.

OVERDOSAGE

In the event of overdosage, supportive measures including gastric lavage and emesis should be employed. Substantial overdoses of HISMANAL can cause death, cardiac arrest, QT prolongation, torsades de pointes and other ventricular arrhythmias. These events can also occur although rarely, at doses (20-30 mg) close to the recommended dose (10 mg daily). (See WARNINGS BOX and DOSAGE AND ADMINISTRATION.)

Seizures and syncope have also been reported with overdose and may be associated with a cardiac event.

Overdose patients should be carefully monitored as long as the QT interval is prolonged or arrhythmias are present. In some cases this has been up to six days. In overdose cases in which ventricular arrhythmias are associated with significant QT prolongation, treatment with [illegible] may be helpful. Beyond QT intervals is not recommended [illegible] is not dialyzable.

Oral LD[illegible] mg/kg in mice and 3154 mg/kg in rats. The oral LD[illegible] mg/kg in males and [illegible] in females.

Revised March 199[illegible]

JANSSEN PHARMACEUTICA

Beyond the Blues

continued from page 52



"Like heart disease or diabetes, depression is a biological, medically treatable illness."

Blues vs. depression. So how do you know whether you're depressed or just have a royal case of the blues? It's not always easy. Depression doesn't necessarily mean you sit in a corner all day crying.

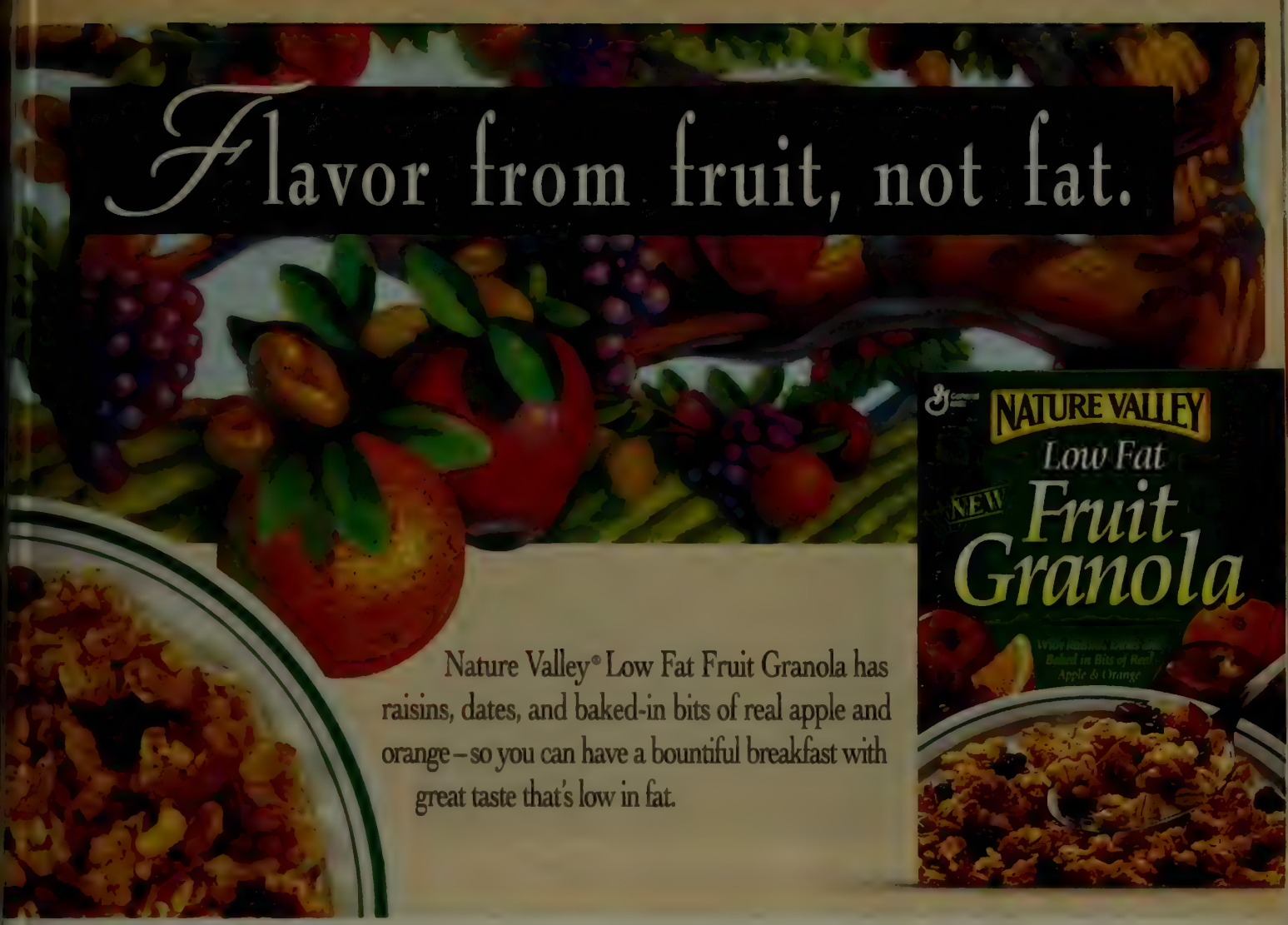
In fact, you may get through your workday, pick up the kids, fix dinner, and generally struggle through the details of daily life. But the joy is gone. Minor decisions start to seem overwhelming. You may feel tired all the time and sleep only fitfully. You can't concentrate. Your appetite is either way up or way down. If you feel this way most of the time for a two-week stretch, you may be experiencing a major depression.

"We have a number of patients who say they don't feel sad. They feel apathetic, flat, but not necessarily sad," says Dr. Zajecka. "The decreased ability to enjoy things is a key marker for depression."

Depression can be triggered by a specific event—the loss of a job, the death of a loved one. It may come out of nowhere, as fast and intense as a summer storm, or it may creep up over a period of months or even years, slowly stealing the pleasure out of your life.

"When I think back, I would say I've been depressed since I was about 16," says Judith Ramey, 34. "But the decreased enjoyment came so gradually, I never saw it

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happen. It just seemed like a normal state to me. Not being happy, not being fulfilled."

Judith, whose father suffered from depression, struggled through college and at 26 became one of the youngest female hospital pharmacy directors in Texas. "I was a success," she says. "But on my worst days, I'd be curled up crying. I didn't move because I couldn't make a decision about anything. And in the back of my head was this critic who kept saying, 'Just straighten up. You should be able to do this.' "

> *"The decreased enjoyment came so gradually, I never saw it happen. It seemed like a normal state to me."*

Treatment. Depression is among the most treatable of medical illnesses. What's more, treatment causes fewer side effects than ever before. Doctors report that up to 90 percent of patients with depression get better through a combination of drugs and therapy. Sadly, two-thirds of people with depression never seek help.

Frederick Goodwin, M.D., director of George Washington University's Center on Neuroscience, Behavior and Society, says while people can climb out of a depressed state on their own, it can take a long time. "In the absence of specific treatment, recovery can take a year, year and a half. But 15 percent of those people—if you leave them alone—will die by suicide," Dr. Goodwin says.

Because depression tends to be a recurring illness, life without treatment can become a recurring cycle of ever deeper depressions and slow recoveries. Half of those who experience one episode of major depression will have a second episode within five years, studies show. By the time a person has had three episodes, there is more than a 90 percent chance they will have more.

The best way to tackle depression is to stop it at the earliest possible stage. Studies have shown that early intervention and treatment can delay or even prevent relapse in a number of patients.

"Depression is just so treatable, and the treatments we have work so well that it's worth heading off the other damage that can occur in your personal life as a result," says Karen Zemanick, M.D., a psychiatrist at

continued on page 56



"My dancers come before my arthritis."

Nothing makes me feel better than watching these kids' faces when they dance. So I try to ignore my arthritis. ArthriCare helps.

ArthriCare is the unique line of penetrating rubs made specially to ease minor arthritis pain.

Fact is, not even her doctor can name a leading rub that provides stronger relief.

Triple-Medicated for nighttime; Odor-Free for daytime. Use as directed.



Special care for the special pain of arthritis.

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Beyond the Blues

continued from page 55

Northwestern University's Medical School in Chicago.

Drugs: Better, with fewer side effects. Many Americans live with their depression by taking antidepressants. Today's new-generation antidepressants, such as Prozac, Zoloft, and Paxil, increase the amount of serotonin, a chemical in our brains that affects behavior.

Prozac, developed in the late 1980s, has quickly become a national phenomenon. The subject of a best-selling book, *Listening to Prozac*, by Peter D. Kramer (Penguin, 1993, $12.95), the drug made the cover of *Time* magazine. Patients on Prozac report feeling "better than well," an unsettling development for psychiatrists, who have long held that antidepressants only change symptoms, not personality.

"Prozac, like any other antidepressant, is not a drug to 'pep up' your personality," says Dr. Zajecka. "That was a misconception that never had any hard, clinical evidence to back it up. Antidepressants are not tranquilizers; they're not 'happy pills.' If you take them—including Prozac—and you're not depressed, they will have the same effect as if you took aspirin and didn't have a headache."

Newer, more refined drugs continue to enter the market. The newest, nefazodone (sold as Serzone) has only recently been made available, and, along with other new drugs, may make older drugs near obsolete. Serzone does everything Prozac does, Dr. Zemanick says, but it has fewer reported instances of insomnia and sexual dysfunction, two troublesome side effects that haunt many Prozac users.

Talk therapy a must. Antidepressants have become so effective that there is a danger of believing depression can be cured with a pill. Doctors say that day isn't here yet.

So far, it is the combination of drugs and short-term therapy that has proven most effective. Talk therapy can provide the crucial elements for long-lasting relief from depression. However, a number of patients need a course of medication before they are ready to deal with the rigors of therapy.

Therapy, stress management, and recognizing the circumstances that can aggravate depression are critical to keeping future bouts at bay, especially for those with mild to moderate depression.

"I needed something to put me back in control," says Judith. "The medication helped tremendously, but finding the right therapist really helped me turn things around."

In Judith's case, her therapist helped her develop a strategy that included a regimen of early bedtimes, proper food, exercise, taking time for daily reflection in a journal, and small tasks that Judith could succeed at.

"When I started doing those

things, I actually felt like, 'Hey, this is me taking charge.' This isn't the drugs, this isn't the counselors. It's me," she says. Today Judith still has some bad days, but she says that's OK. "I would say that 90 percent of the time now, I'm happy."

Joan, whose mother's death sent her spiraling into depression, also is well on the road to recovery. After spending eight months taking antidepressants, she is starting to taper off them.

"I don't remember when, in the last 15 or 20 years of my adult life, I have felt so continuously peaceful," says Joan. "I'm not talking about euphoric happiness. I'm just talking about feeling good, pretty much all the time." ♦

National Depression Screening Day is October 5. Free screenings will be done at 2,000 sites across the country. Call 800/262-4444 to find the one nearest you.

DIAGNOSING DEPRESSION

Your job bores you. Your marriage has gone flat. You broke your leg and gained 15 pounds.

Everyone gets depressed from time to time, but if your doldrums linger, you may be suffering from a major depression. "There is no good reason for a major depression, ever," says John Zajecka, M.D., of Chicago's Rush-Presbyterian-St. Luke's Medical Center. "There are good reasons for being anxious, or for being in a depressed mood, but not for major depression."

Below are some common symptoms. To be considered depressed, you would experience five or more symptoms almost every day for two weeks.

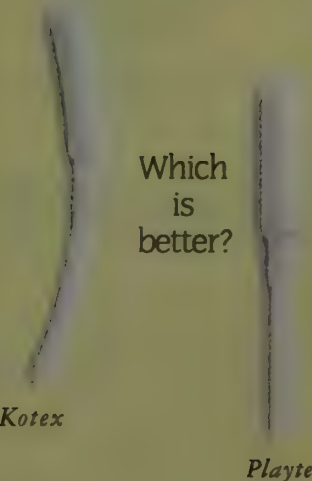
- Loss of pleasure in formerly enjoyable activities.
- Significant changes in weight or appetite.
- You can't fall asleep at night, or you wake up repeatedly throughout the night.
- Fatigue or loss of energy.
- Feelings of hopelessness, worthlessness, guilt, or withdrawal.
- Inability to concentrate or make decisions.
- Recurrent thoughts of death or suicide.

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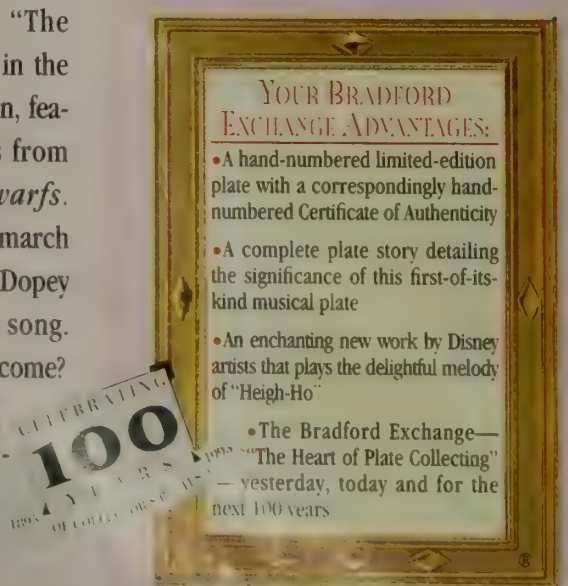
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Turn the key above Happy's head and hear the melody of "Heigh-Ho."

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by Andrea Atkins

Choosing Child Care



DON'T SETTLE FOR MEDIOCRE CARE, ESPECIALLY DURING THE FIRST THREE YEARS OF LIFE.

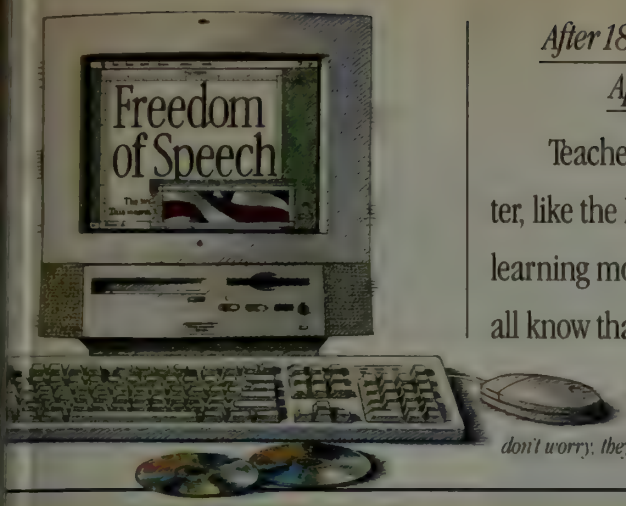
Here's a quiz, working parents: Is your child receiving good care while you're on the job? Ninety percent of American parents answer "yes" to that question, according to a recent study. But the same research revealed that nearly 75 percent of child care centers offer only mediocre care.

The study, *Cost, Quality, and Child Outcomes in Child Care Centers*, conducted by researchers at four universities, found that only one in seven centers "provides a level of child care quality that promotes healthy development and learning." More than 400 centers in four states were observed for the report.

"Part of the reason parents don't recognize good day care is that they rarely see it," says Barbara Reisman, executive director of the Child Care Action Campaign in New York City. Plus, "As a parent, how in the world do you admit to yourself that the program is mediocre?" asks Barbara Willer, Ph.D., public affairs director for the National Association for the Education of Young Children. "Most of the time you're looking for evidence that the program is doing what you think is good."

Finding the best environment for your child is important, especially during the first few years of life. Research has shown that the brain experiences its greatest growth before age 3, and that a child's intellectual outlook is affected by his environment. It may sound overly dramatic to say that a child's future is decided by where she spends the first three years of life, but in those years, a baby learns to trust, to pursue curiosity, and to interact with people.

continued on page 64

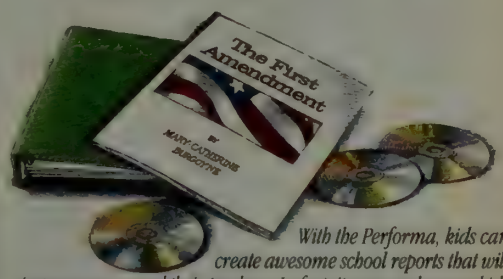


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After 18 years in the classroom, Apple's learned a lot.

Teachers, and students for that matter, like the Macintosh® because it makes learning more interactive and fun. (We all know that the more engaged kids are, the more likely they are to be learning.) But perhaps even more important than what children do alone, is what they do together. From helping one another with algebra problems, to a full-fledged group presentation on the Constitution complete with video clips, sound track and graphics, the Mac™ is bringing new ways to learn and share into the classroom.

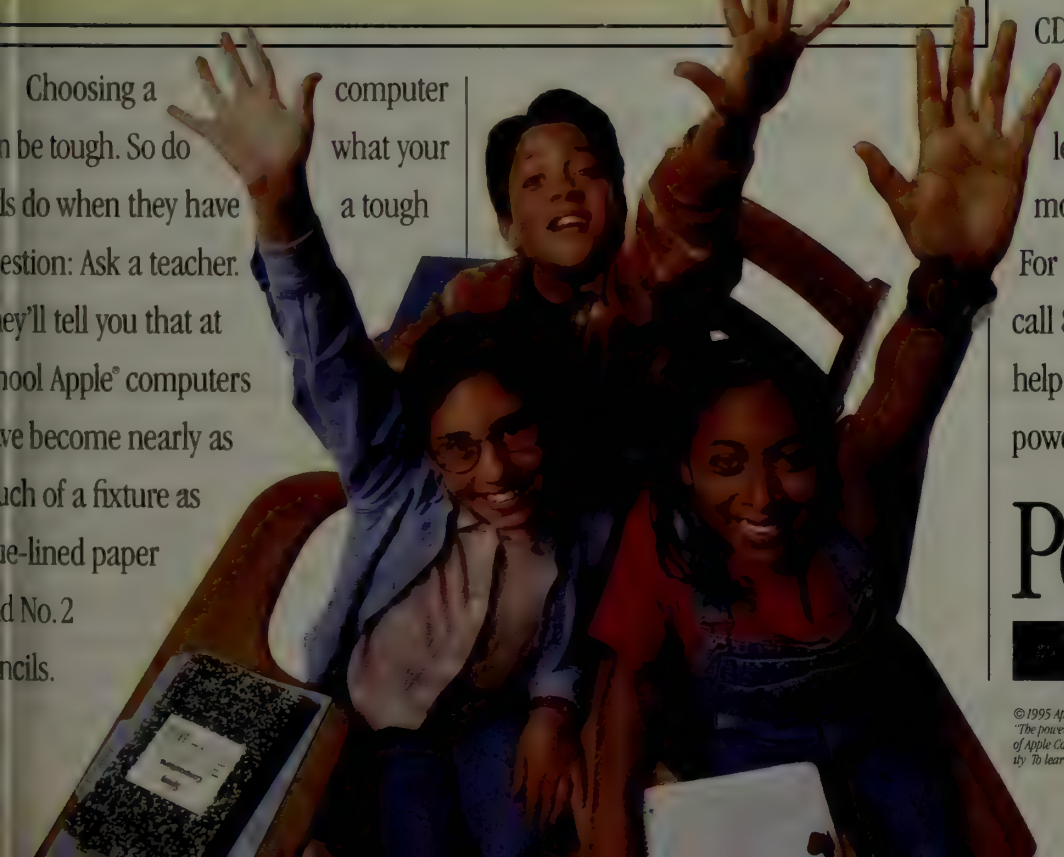


With the Performa, kids can create awesome school reports that will impress you — and their teachers. In fact, it may make your kids look almost as smart as you keep telling everyone they are.

Bring learning home with the Performa.

And now we've put all that we've learned in the classroom into a computer that makes it fun and easy to get involved with your kids' learning. It's the Performa®, the Family Macintosh. All the basic software you need comes preinstalled. Plus, most models come with an integrated CD-ROM drive and a modem. So right out of the box, your kids can start learning more. Creating more. And most important, sharing it all with you. For a Macintosh reseller near you, please call 800-538-9696, ext. 215. And let us help you bring home the most important power of all. The power to be your best.®

Choosing a computer be tough. So do what your ls do when they have a tough estion: Ask a teacher. ey'll tell you that at nool Apple® computers ve become nearly as uch of a fixture as ue-lined paper d No. 2 ncils.



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Child Care

continued from page 62

A child who does not connect with a warm and loving adult during these early years may fall behind.

These tips may help you search for the best care for your child.

◆ Consider health and safety first. "We saw centers where there was broken glass, where nobody washed their hands after changing a diaper, where basic health requirements were not being met," says Jean Rustici, one of the Yale University researchers who worked on the study. Make several visits to the centers or homes you're considering, and spend some time in each. Try to visit at different times of day so you can watch the staff cope with a variety of situations. Check for good hygiene and basic cleanliness.

◆ Look at the people, not the walls. Interaction between caregivers and children is more important than pretty artwork, high-tech toys, and new furniture. Focus on the staff: Are they kneeling down to talk to children at their level? Are they cuddling babies and looking like they enjoy it? Are they able to do more than one thing at a time? The relationship between the caregiver and your child forms the basis for all learning, says Barbara Willer. "You want someone who speaks directly to your child and knows him well."

You can find out how well the caregivers know the kids by asking about them. "Tell me about this boy, what's he like?" A good answer, says Jay Belsky, Ph.D., professor of human development at Pennsylvania State University, sounds like this: "That's Adam. He doesn't like to eat peas, but he loves peanut butter and jelly on bread squares. And if he doesn't sit on my lap at story time, he's sad for the rest of the day." This caregiver knows Adam well, has spent time listening and caring, and has a positive image of him.

A less desirable answer: "That's Adam. He's a typical three-year-old—active and sometimes a little wild." Such a vague, nonpersonal description tells you the caregiver isn't paying close attention.

◆ Look for stability. Child care is unfortunately a low-paying field, so caregivers come and go. But if more than 25 percent of the staff has been there for less than one year, there may be problems. Ask whether anyone on staff has a degree in early childhood education (at least one person should) and if there are opportunities for staff training.



LOOK FOR TEACHERS WHO CAN DRAW LEARNING OUT OF PLAY—GOOD TEACHERS EXTEND PLAY TO KNOWLEDGE.

◆ Take advice with a grain of salt. Seek recommendations from other parents, but rely on them only as part of your decision package. Julie [illegible], a parent from Mansfield, Connecticut, selected a center based on recommendations from other parents. But she eventually withdrew her son because she didn't feel it was the right place for him.

◆ Money isn't everything—but it helps. While the more expensive centers often have the best reputations, price doesn't guarantee quality. Some of the best centers seek financing from other sources such as grants, community organizations, or fund-raising drives.

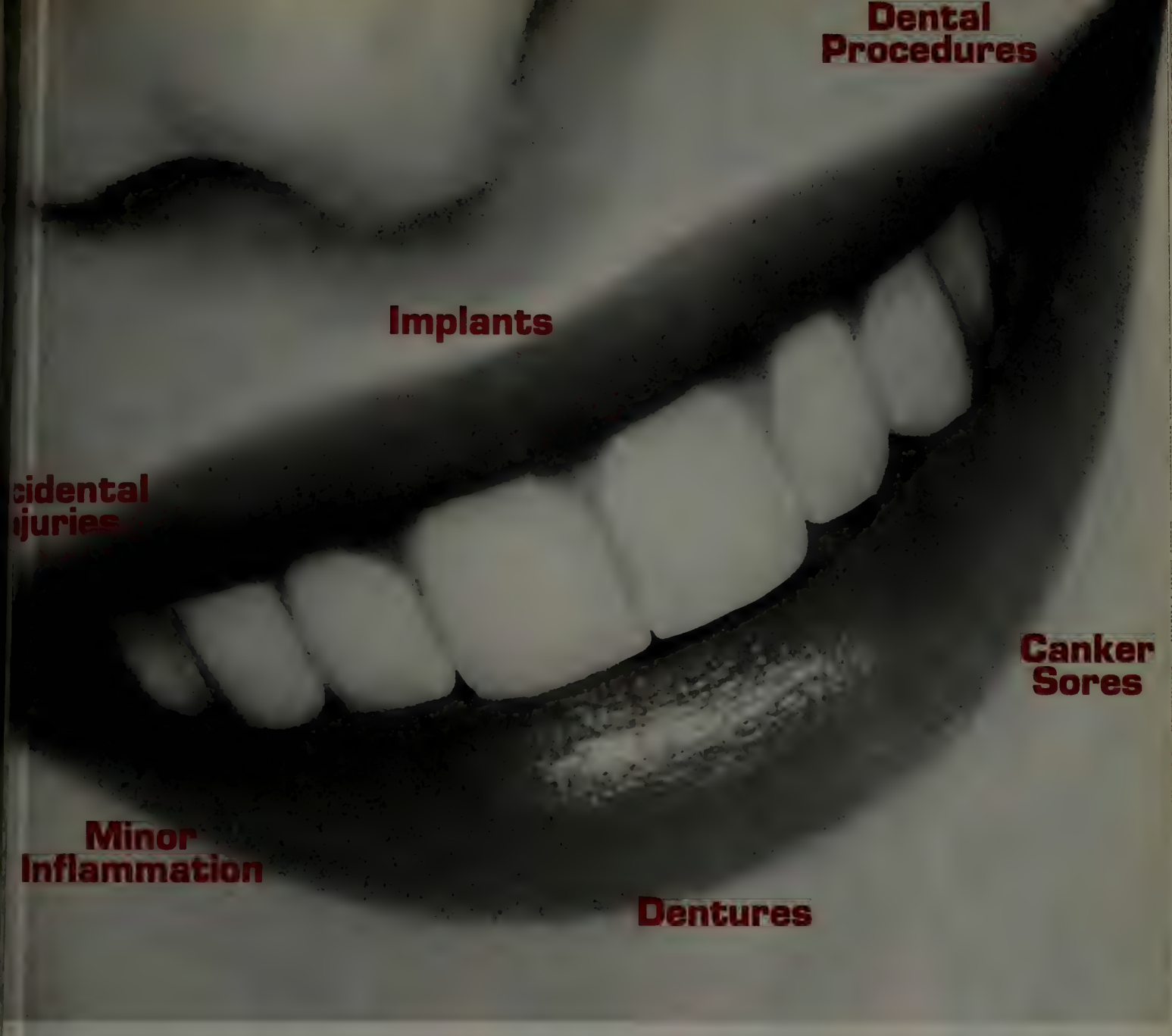
◆ Know your noises. If you see children wandering aimlessly or you hear a lot of unattended crying, cross that center from your list. You shouldn't hear quiet unless it's nap time, but it shouldn't sound like chaos either.

◆ Watch for learning signs. Look for teachers who can draw learning out of play. Good teachers extend play to knowledge by talking about ideas and observing what's happening in the neighborhood.

◆ Count noses—big and little. "When there is enough staff for kids to get individual attention and when the instructors are trained, then the children's intellectual development is better, their social development is better, and behavior problems go way down," says Barbara Willer. Infants should be in groups of no more than eight with no less than two caregivers. Two- and three-year-olds should be in groups of no more than 14 kids with at least two adults. Four- and five-year-olds should be in groups of no more than 20 and at least two adults.

◆ Remember—this isn't the army. Rows of desks? Alphabet worksheets? All children working on the same thing at the same time? These are not developmentally appropriate activities for children. Look for an atmosphere that emphasizes play and a stimulating environment.

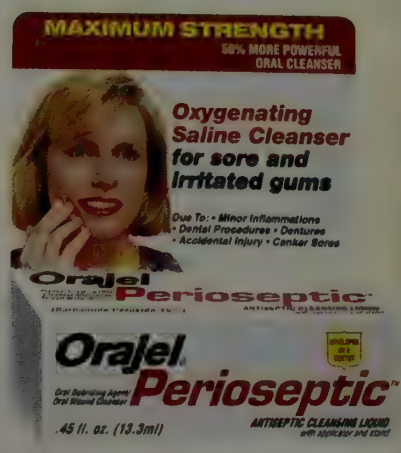
Choosing the right child care will take some time and some work. You may end up paying more than you had planned. But it may be the most important decision you make.



When One Of These Problems Causes Your Gums To Become re And Irritated, There Are Many Ways To Get Regular Strength Relief.

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Orajel® Perioseptic® The maximum strength breakthrough formula with 50% more antiseptic cleansing power than the other leading brands.

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TRUST YOUR DAY TO SELDANE-D®
47

You trained for weeks. Sweated it out. Pushed hard. Carbed up. All in preparation for your first 10K. But the morning of the race, the pollen count was off the chart. And with your seasonal nasal allergies, you thought you could run but you couldn't hide. That's why you may need the reassurance of Seldane-D.

The Seldane-D difference

Seldane-D can give you relief from a full range of major allergy symptoms, including your congested nose—the most common complaint of allergy sufferers. That's because Seldane-D contains a nonsedating antihistamine *plus* a decongestant. Even more importantly, Seldane-D can give you all that relief while letting you stay alert*—unlike over-the-counter remedies that may leave you feeling spacey or drowsy. [In clinical studies, Seldane-D caused no more drowsiness than a placebo [sugar pill].]

Who should not take Seldane-D

Seldane-D isn't for everyone. There are risks for some people. So read this message thoroughly to find out specifically who should not take Seldane-D.

WARNING: YOU MUST NOT TAKE SELDANE-D if you are also taking the prescription antifungal medicines itraconazole (Sporanox®) or ketoconazole (Nizoral®) or the prescription antibiotics erythromycin, clarithromycin (Biaxin®), or troleandomycin (TAO®), or if you have liver disease. DO NOT TAKE MORE THAN the amount prescribed by your doctor. Seldane-D has been associated with rare occurrences of abnormal heartbeats, heart attack, and death under these conditions. Please see important additional information on an adjacent page.

Due to similarities in the drugs, it is also recommended that the antifungal drugs fluconazole, metronidazole, and miconazole, and the antibiotic azithromycin, not be used with Seldane-D.

Tell your doctor before taking Seldane-D if you have any liver or heart problems. Also, while using Seldane-D, tell your doctor if you ever feel faint, become dizzy, or have any irregular heartbeats.

Do not use Seldane-D with any other prescription or nonprescription medicine without first talking to your doctor. If you become pregnant or are nursing a baby, talk to your doctor about whether you should take Seldane-D. Your doctor will decide whether you should take Seldane-D based on the benefits and risks.

It is important to know that a decongestant may produce unwanted side effects or drug interactions, or may complicate existing medical problems.

Pseudoephedrine, the decongestant in Seldane-D [as well as in many over-the-counter allergy medicines], may cause nervousness, dizziness, or significant levels of insomnia. Seldane-D must not be taken with MAO inhibitors, prescription medicines that treat depression. Also, before taking Seldane-D, tell your doctor if you have high blood pressure, heart disease, diabetes, glaucoma, thyroid disease, or symptoms of an enlarged prostate such as difficulty urinating.

It is always important to tell your doctor about any medicines you are using, including MAO inhibitors, antifungals, antibiotics, diet pills, and drugs to treat asthma and lung disease.

Your doctor knows what is best for you

Because Seldane-D is a prescription medicine, only your doctor, or other health care professional authorized to prescribe, can decide if you're a candidate for it. Ask if you can join the millions of people who trust their allergies to Seldane-D. So on the day of your big race, you'll know you did your personal best.

To learn how to help control your seasonal allergies and receive the FREE allergy newsletter, *AllerDays*, call:

1 800 593-3146

SELDANE-D®

(terfenadine 60 mg and pseudoephedrine HCl 120 mg)

EXTENDED-RELEASE TABLETS

AVAILABLE BY PRESCRIPTION ONLY

SEASONAL ALLERGY RELIEF. CONGESTION RELIEF.

THE FIRST COMBINATION THAT LETS YOU STAY ALERT.

* In clinical studies involving over 300 patients, the reported incidence of drowsiness with Seldane-D (7.2%) did not differ significantly from placebo (11.4%). In clinical trials, 25.9% of patients taking Seldane-D experienced insomnia compared to 6.2% of patients who received placebo.

SEE ADDITIONAL IMPORTANT INFORMATION ON AN ADJACENT PAGE.

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Brief Summary of
Prescribing Information as of January 1993

SELDANE-D®

(terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets

WARNING BOX

QT INTERVAL PROLONGATION/VENTRICULAR ARRHYTHMIA

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS, INCLUDING DEATH, CARDIAC ARREST, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS, HAVE BEEN OBSERVED IN THE FOLLOWING CLINICAL SETTINGS, FREQUENTLY IN ASSOCIATION WITH INCREASED TERFENADINE LEVELS WHICH LEAD TO ELECTROCARDIOGRAPHIC QT PROLONGATION:

1. **CONCOMITANT ADMINISTRATION OF KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX)**
2. **OVERDOSE, INCLUDING SINGLE TERFENADINE DOSES AS LOW AS 360 MG**
3. **CONCOMITANT ADMINISTRATION OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN**
4. **SIGNIFICANT HEPATIC DYSFUNCTION**

TERFENADINE IS CONTRAINDICATED IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, ERYTHROMYCIN, CLARITHROMYCIN, OR TROLEANDOMYCIN, AND IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION.

DO NOT EXCEED RECOMMENDED DOSE.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING TERFENADINE SHOULD LEAD TO DISCONTINUATION OF TREATMENT AND FULL EVALUATION OF POTENTIAL ARRHYTHMIAS.

(See CONTRAINDICATIONS, WARNINGS, CLINICAL PHARMACOLOGY, AND PRECAUTIONS: DRUG INTERACTIONS.)

DESCRIPTION

SELDANE-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide, and zinc stearate.

INDICATIONS AND USAGE

SELDANE-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of SELDANE (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired (see CLINICAL PHARMACOLOGY).

SELDANE-D has not been studied for effectiveness in relieving the symptoms of the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF SELDANE-D WITH KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX) IS CONTRAINDICATED. SELDANE-D IS ALSO CONTRAINDICATED IN PATIENTS WITH DISEASE STATES OR OTHER CONCOMITANT MEDICATIONS KNOWN TO IMPAIR ITS METABOLISM, INCLUDING SIGNIFICANT HEPATIC DYSFUNCTION, AND CONCURRENT USE OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN. QT PROLONGATION HAS BEEN DEMONSTRATED IN SOME PATIENTS TAKING TERFENADINE IN THESE SETTINGS, AND RARE CASES OF SERIOUS CARDIOVASCULAR EVENTS, INCLUDING DEATH, CARDIAC ARREST, AND TORSADES DE POINTES, HAVE BEEN REPORTED IN THESE PATIENT POPULATIONS. (See WARNINGS and PRECAUTIONS: Drug Interactions.)

SELDANE-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Terfenadine undergoes extensive metabolism in the liver by a specific cytochrome P-450 isoenzyme. This metabolic pathway may be impaired in patients with hepatic dysfunction (alcoholic cirrhosis, hepatitis) or who are taking drugs such as ketoconazole, itraconazole, or clarithromycin, erythromycin, or troleandomycin (macrolide antibiotics), or other potent inhibitors of this isoenzyme. Interference with this metabolism can lead to elevated terfenadine plasma levels associated with QT prolongation and increased risk of ventricular tachyarrhythmias (such as torsades de pointes, ventricular tachycardia, and ventricular fibrillation) at the recommended dose. SELDANE-D is contraindicated for use by patients with these conditions (see WARNING BOX, CONTRAINDICATIONS, and PRECAUTIONS: Drug Interactions).

Other patients who may be at risk for these adverse cardiovascular events include patients who may experience new or increased QT prolongation while receiving certain drugs or having conditions which lead to QT prolongation. These include patients taking certain antiarrhythmics, bepridil, certain psychotropics, probucol, or astemizole; patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or taking diuretics with potential for inducing electrolyte abnormalities; and patients with congenital QT syndrome. SELDANE-D is not recommended for use by patients with these conditions.

The relationship of underlying cardiac disease to the development of ventricular tachyarrhythmias while on SELDANE-D therapy is unclear; nonetheless, SELDANE-D should also be used with caution in these patients.

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly

The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General

SELDANE-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine.

Information for Patients

Patients taking SELDANE-D should receive the following information and instructions. Patients should be advised to take [illegible] needed and NOT TO EXCEED THE PRESCRIBED DOSE. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, clarithromycin, erythromycin, or troleandomycin. Patients should be advised to consult the physician before concurrent use of other medications with terfenadine. Patients should be questioned about pregnancy or lactation before starting SELDANE-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture, or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS)

Monoamine oxidase (MAO) inhibitors and beta-adrenergic agonists increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines.

Care should be taken in the administration of SELDANE-D concomitantly with other sympathomimetic amines because combined effects on the cardiovascular system may be harmful to the patient.

Ketoconazole

Spontaneous adverse reaction reports of patients taking concomitant ketoconazole with recommended doses of terfenadine demonstrate QT interval prolongation and rare serious cardiac events, e.g. death, cardiac arrest, and ventricular arrhythmia including torsades de pointes. Pharmacokinetic data indicate that ketoconazole markedly inhibits the metabolism of terfenadine, resulting in elevated plasma terfenadine levels. Presence of unchanged terfenadine is associated with statistically significant prolongation of the QT and QTc intervals. **Concomitant administration of ketoconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Itraconazole

Torsades de pointes and elevated parent terfenadine levels have been reported during concomitant use of terfenadine and itraconazole in clinical trials of itraconazole and from foreign post-marketing sources. One death has also been reported from foreign post-marketing sources. **Concomitant administration of itraconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Due to the chemical similarity of other azole-type antifungal agents (including fluconazole, metronidazole, and miconazole) to ketoconazole and itraconazole, concomitant use of these products with SELDANE-D is not recommended pending full examination of potential interactions.

Macrolides

Clinical drug interactions studies indicate that erythromycin and clarithromycin can exert an effect on terfenadine metabolism by a mechanism which may be similar to that of ketoconazole, but to a lesser extent. Although erythromycin measurably decreases the clearance of the terfenadine acid metabolite, its influence on terfenadine plasma levels is still under investigation. A few spontaneous accounts of QT interval prolongation with ventricular arrhythmia including torsades de pointes have been reported in patients receiving erythromycin and troleandomycin.

Concomitant administration of SELDANE-D with clarithromycin, erythromycin, or troleandomycin is contraindicated (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS). Pending full characterization of potential interactions, concomitant administration of SELDANE-D with other macrolide antibiotics, including azithromycin, is not recommended. Studies to evaluate the potential interaction of terfenadine with azithromycin are in progress.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No studies have been conducted to evaluate the carcinogenic potential of SELDANE-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C

The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well-controlled studies in pregnant women. SELDANE-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS)

Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use

Safety and effectiveness of SELDANE-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Cardiovascular Adverse Events

With terfenadine, rare reports of severe cardiovascular adverse effects have been received which include ventricular tachyarrhythmias (torsades de pointes, ventricular tachycardia, ventricular fibrillation, and cardiac arrest), hypotension, palpitations, syncope, and dizziness. Rare reports of deaths resulting from ventricular tachyarrhythmias have been received (see CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: Drug Interactions). Hypotension, palpitations, syncope, and dizziness could reflect undetected ventricular arrhythmia. IN SOME PATIENTS, DEATH, CARDIAC ARREST, OR TORSADES DE POINTES HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. (See WARNING BOX.) Rare reports of serious cardiovascular adverse events have been received, some involving QT prolongation and torsades de pointes, in apparently normal individuals without identifiable risk factors; there is not conclusive evidence of a causal relationship of these events with terfenadine. Although in rare cases there was measurable plasma terfenadine, the implications of this finding with respect to the variability of terfenadine metabolism in the normal population cannot be assessed without further study. In controlled clinical trials in otherwise normal patients with rhinitis, small increases in QTc interval were observed at doses of 60 mg b.i.d. In studies at 300 mg b.i.d. a mean increase in QTc of 10% (range −4% to +30%) (mean increase of 46 msec) was observed.

General Adverse Events

In double-blind, parallel, controlled studies in over 300 patients in SELDANE-D was compared to extended-release pseudoephed adverse reactions reported for greater than 1% of the patients rec SELDANE-D were not clinically different from those reported for pa receiving pseudoephedrine (see Table below).

Frequently (>1%) Reported Adverse Events for SELDANE-D in Double-blind, Parallel, Controlled Clinical Trials*

Adverse Event	Percent of Patients Reporting		
	SELDANE-D (n=374)	Pseudo-ephedrine (n=287)	Plac (n=
Central Nervous System			
Insomnia	25.9	26.8	
Headache	17.4	17.1	2
Drowsiness/Sedation	7.2	4.9	1
Nervousness	6.7	8.4	
Anorexia	3.7	3.8	
Fatigue	2.1	1.4	
Restlessness	2.1	1.0	
Irritability	1.1	0.0	
Disorientation	1.1	0.0	
Increased Energy	1.1	0.0	
Hyperkinesia	1.1	1.0	
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	1
Blurring of Vision	1.1	0.3	
Gastrointestinal			
Nausea	4.5	6.6	
Skin			
Rash	1.1	0.0	
Cardiovascular			
Palpitations	2.4	3.8	
Allergy Symptoms			
Sore Throat	1.9	1.7	
Cough	1.6	0.3	
Other			
Infection, Upper Respiratory	1.3	2.4	
Taste Alterations	1.1	1.0	

*SELDANE-D B.I.D., pseudoephedrine 120 mg B.I.D.

Pseudoephedrine may cause ephedrine-like reactions such as cardia, palpitations, headache, dizziness, or nausea. Sympathom drugs have also been associated with certain untoward rea including fear, anxiety, tenseness, restlessness, tremor, weal pallor, respiratory difficulty, dysuria, insomnia, hallucinations, c sions, CNS depression, arrhythmias, and cardiovascular collaps hypotension.

In controlled clinical trials with terfenadine, using the recommende dose of 60 mg b.i.d., the incidence of adverse events in pa receiving terfenadine was similar to that reported in patients rec placebo. These effects included:

Central Nervous System: Drowsiness, headache, fatigue, dizz nervousness, weakness, appetite increase

Gastrointestinal System: Abdominal distress, nausea, vomiting, in bowel habits

Eye, Ear, Nose and Throat: Dry mouth/nose/throat, cough, sore epistaxis

Skin: Eruption (including rash and urticaria) or itching

Also reported spontaneously during the marketing of terfenadine alopecia (hair loss or thinning), anaphylaxis, angioedema, broncho confusion, depression, galactorrhea, insomnia, menstrual dis (including dysmenorrhea), musculoskeletal symptoms, night paresthesia, photosensitivity, rapid flare of psoriasis, seizures, tachycardia, sweating, thrombocytopenia, tremor, urinary frequen visual disturbances.

Also in clinical trials, several instances of mild or, in one case, m transaminase elevations were seen in patients receiving terfenadin elevations were also seen in placebo treated patients. Marketing ences include isolated reports of jaundice, cholestatic hepatiti hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment app Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed morning and night.

USE OF DOSES IN EXCESS OF ONE TABLET B.I.D. IS NOT R MENDED BECAUSE OF THE INCREASED POTENTIAL FOR QT INT PROLONGATION AND ADVERSE CARDIAC EVENTS. (See WA BOX.) USE OF SELDANE-D IN PATIENTS WITH SIGNIFICANT HI DYSFUNCTION AND IN PATIENTS TAKING KETOCONAZOLE, ITRA ZOLE, CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMY CONTRAINDICATED. (See CONTRAINDICATIONS, WARNING PRECAUTIONS: Drug Interactions.)

HOW SUPPLIED

SELDANE-D Tablets containing 60 mg of terfenadine and 10 pseudoephedrine hydrochloride in an outer press-coat for imm release and 110 mg of pseudoephedrine hydrochloride in an ext release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped; del "SELDANE-D". Store at controlled room temperature (59-86°F) (15 Protect from moisture.

Prescribing Information as of January 1993

Merrell Dow Pharmaceuticals Inc.
Subsidiary of Marion Merrell Dow Inc.
Kansas City, MO 64114

U.S. Patents 3,878,217; 4,929,605; 4,996,061; 4,254,129.

sedb0193m



MARION MERRELL DOW INC
U S A
KANSAS CITY, MO 6411

95422803/0958H

Of all the reasons to choose NordicTrack, one clearly stands out:

- Trims 3.5" off your waist in just 12 weeks.*
- Burns 60% more calories than riders!
- Over 50% less joint stress than walking.
- Burns average of 890 calories/hour, up to 1,100.
- Tones entire body at once.
- Trims 12.5 pounds of body fat in just 12 weeks.*
- Owned by over 13,000 doctors.
- Over 3 million satisfied owners.
- 7 in 10 people lost an average of 17 pounds! 80% kept it off over a year!**



- The workout 7 in 10 people stick with even after five years.
- Burns 20% more calories than treadmills.
- Rated best exercise for your heart.
- Lowers systolic blood pressure by 12% in just 12 weeks.*
- Feels easier than other workouts.
- Endorsed by American Physical Therapy Association.
- Models from just $339.95.†
- Best total-body aerobic workout you can buy!

It takes weight off and keeps it off!

"I have owned my NordicTrack for over three years and still use it five times a week. I have lost 15 pounds and kept it off! I've also lost inches. Best of all, I feel better and I look better.

Last summer while I was on a family vacation, we decided to go to a ball game. The weather was a little chilly and I forgot to pack a pair of jeans. Luckily, my friend's daughter (who is in junior high!) had an extra pair with her. I tried them on and was so surprised when they fit! My husband said that I really looked good. Thanks NordicTrack!"††

—Tryphena Janocko, Ramey, PA.



NordicTrack®

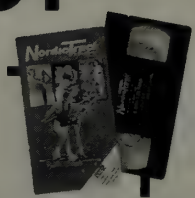
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* Average results shown, may vary by individual diet and exercise frequency.

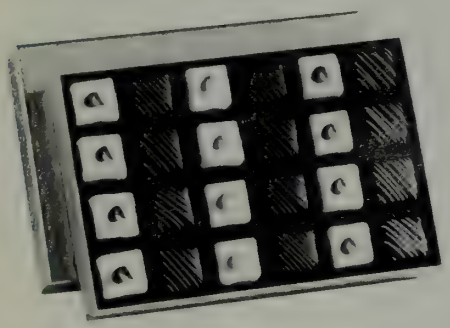
** Based on independent studies of people who bought NordicTrack to lose weight.

Price does not include shipping, handling or applicable tax.

† Individual results may vary. Actor portrayal of actual testimonial.

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Lamp Dress-Up



Use materials readily available at fabric stores to give an old lamp a new twist.

Updated, reversible, washable—can you imagine a more versatile lamp remake? Wrap this fabric cover-up over any old ginger jar lamp and the room lights up in style.

- For the pattern, determine radius of lamp base (divide its diameter by two). Measure height of lamp body. Add these measurements. Then add 4 inches more for the ruffle. Multiply total by two for the diameter of the fabric. Draw a circle pattern with that diameter onto paper.

- Purchase two fabrics (one for the lining), 1½ yards of jute braid, and two tassels.

- Cut one circle from each fabric. With right sides facing and using a ¼-inch seam, join circles, leaving an opening for turning. Clip seam, turn, and press. Sew opening closed.

- Place lamp base in center of fabric circle; draw around base with water-erasable marker.

- Pull fabric up the side of lamp where the cord is located; mark the spot with a 1-inch line. Zigzag-stitch around the line as for a buttonhole; clip open to receive cord.

- Mark a ¾-inch casing, 3¼ inches from edge. Sew casing. Make a small slit in casing to insert braid. Pull braid through casing and add tassels to finish ends of braid. Place on lamp with cord through cord hole; pull braid tight at top, tie.



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You rummage through your desk. Scour ur files. Turn your house upside down. Then you wonder which is worse: mis-acing your insurance policies, or not owing exactly what they cover.

Before you find yourself in a state of nergency, it's a good idea to see your nearby Farmers Agent for a Farmers Friendly Review. It may not help increase your organizational skills, but it *will* let you know exactly where you stand.

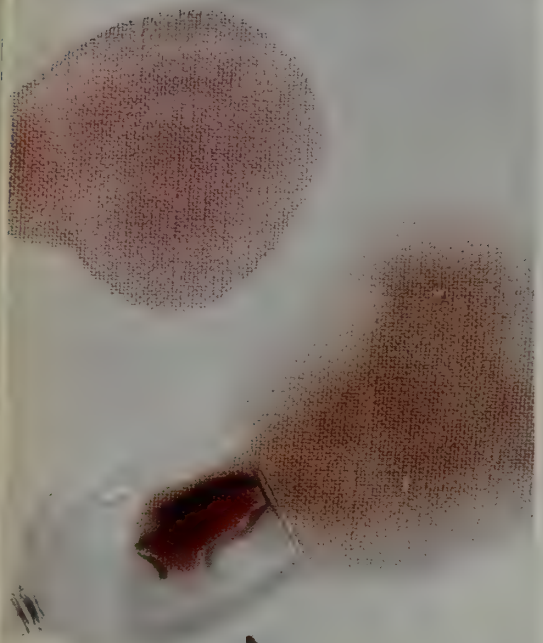
By carefully analyzing your policies, your Farmers Agent can tell whether you're under-protected, over-protected, or even spending more than you have to. And unlike some things in life, your Farmers Friendly Review is free. So take some time to see a Farmers Insurance Agent soon and we'll take care of everything.

Just remember to bring in your current insurance policies. (You might try looking in that old shoe box in the hall closet.)

America can depend on Farmers.

HINT #4

Get the reds out.





Don't let a little spilled burgundy ruin your dinner party—or your nice cotton tablecloth. Immediately pour enough Morton® Salt directly on the stain to soak up the liquid. Immerse the fabric for 1/2 hour in cold water. Launder as usual. Then toast one of the most economical, effective and safe household helpers: Morton® Salt For more tips, write: Morton Salt Tips, Dept. Chicago, IL 60606-1597.

Morton

tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips with other readers.

FIX THOSE CRACKS

Here's an easy way to patch a crack or a gouge in your wood floor. Fill the crack with a mixture of sawdust and shellac. As the shellac hardens, you can barely tell where the repair was made.

Dana Mahoney
Reno, Nev.

SPLATTER-FREE RECIPES

Put your favorite recipes in a three-ring photo album for easy reference. Because photo albums have plastic-covered pages, your recipes will be protected from splatters and drips.

Charlene McMillan
Eden Prairie, Minn.

ARM YOURSELF

Are you annoyed by water dripping down your arm whenever you scrub walls, cabinets, or any other vertical surface? If so, try wearing a terry-cloth wristband—the kind sold in sporting goods stores to absorb sweat. The band will stop the drips.

Yvonne Buus
Nampa, Idaho

NEW-LOOKING MIRRORS

Prevent your unframed mirrors from turning black around the edges by following this easy tip. Clean the mirrors by spraying window cleaner directly onto your paper towel—rather than onto the surface of the mirror. Otherwise the cleaner seeps up the mirror edges and creates unsightly black marks or streaks.

Anne Ohanessian
Williamsville, N.Y.

A CLEANER DRAINER

Your sink's dish drainer can become a breeding ground for germs, mildew, and scum—even if you wash it by hand. Clean it and sterilize it regularly by running it through the dishwasher with your load of dirty dishes.

Mary Anne Locksmith
Greensboro, N.C.

GREASE-FREE GARAGE

Keep your garage floor free from oil and grease spots with this inexpensive idea. Fill an old cookie sheet with cat litter and slide it under your car (use two if you want to cover more ground). When the litter is saturated, dispose of it properly and add some new litter.

Terry Anderson
Brooksville, Fla.

SEND US YOUR TIP

Mail your tip along with a daytime phone number and your Social Security number to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.



THE SURPRISING FACTS ABOUT THE COST OF STUDENT LOANS.

ONLY SALLIE MAE LENDERS LET STUDENTS ACROSS AMERICA SAVE AS MUCH AS 8%.

	GOOD	GOOD	BETTER
If you borrow...	...through Direct Lending you pay back	...from an Ordinary Bank you pay back	...from a Sallie Mae Lender you pay back
$5,000	$7,100	$7,100	$6,728
10,000	14,200	14,200	13,380
50,000	71,002	71,002	65,378

There has been a good deal of confusion about the relative cost of student loans.

The fact is, while all Federal Stafford loans have basically the same terms, lenders nationwide who work with Sallie Mae offer loans that actually cost less. With credits and interest rate reductions for borrowers who pay on time, Sallie Mae makes it possible for students to cut the total amount they repay by as much as 8%.*

Sallie Mae customers also get the best, most flexible service in the business today. They can choose from a number of repayment options that are tailored to their needs—borrowers can even choose a payment plan based on monthly income. And, experienced customer service representatives are available 24 hours a day, seven days a week to help customers understand the benefits and costs of their repayment options.

In the past 20 years, Sallie Mae has helped over 20 million students get the financing they needed to attend college. By purchasing student loans, we provide banks with funds to make more student loans.

To request more information, please pick up the phone and give us a call.

FOR MORE INFORMATION AND A FREE LIST OF THE LOWEST COST LENDERS, CALL 1-800-891-4576

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Helping make education possible

se figures represent total repayment amount for Stafford loans disclosed at a 7.43% interest rate with a 10 year term and assume the rower pays electronically with Sallie Mae's Direct Repay℠ Plan and participates in the Great Returns℠ and Great Rewards® Programs.



Menopause is one reason doctors prescribe Premarin®.

(conjugated estrogens tablets, USP)

Osteoporosis is another.

For more than 50 years, health care providers have prescribed Premarin. In fact, today more than 8,000,000 American women take Premarin.

Many women know that Premarin may be prescribed for relief of many symptoms of menopause such as hot flashes, night sweats, and vaginal dryness. But there are also other important reasons doctors and health care providers prescribe Premarin. One of those reasons is the prevention of osteoporosis for women at risk.

The connection between me[illegible]osis.

The brittle bone disease kn[illegible] osteoporosis affects one out of every four women over [illegible] after menopause, when a woman's body produces very little est gen. Without estrogen, bones can become fragile, more lik to break.

It's important to speak to your health care provider ab your risk for osteoporosis to see if Premarin is right for yo It's important because, although you can't feel yourself los bone mass, half the bone mass a woman will lose in her li time she'll lose in the first 3 to 6 years after menopaus begins. And once bone is lost, it cannot be replaced.

What's more, the fractures that can result from this s disease might not happen for many years. Osteoporosis w affect 25% of women over 50...at great cost to their famili the health care system and, most importantly, their own li



course, not all women are at risk for osteoporosis, so it's portant to consult your health care provider.

Estrogen replacement therapy like Premarin is clinically ven to help prevent osteoporosis. It is often prescribed as t of a program that includes a calcium-rich diet and rcise.

emarin, a commitment to quality.

Premarin is a complex blend of estrogens manufactured a 125-step, 6-week process. Wyeth-Ayerst Laboratories, a ld leader in women's health care, goes to great lengths to ure the quality of Premarin. Of the 30 billion Premarin lets sold, not one has ever been recalled.

de effects of estrogen should be considered.

There can be side effects with estrogen. One is the possi-ty of developing cancer of the uterus. Be sure to discuss with your health care provider. If you've had a hysterec-y, you don't have this risk.

When you ask your doctor whether you're at risk for eoporosis, it's also important to inform him or her about all es relating to your personal health and family health his-. This history should include instances of cancer of the breast or uterus, unusual vaginal bleeding, abnormal blood clotting, or heart disease.

While women entering menopause are not likely to become pregnant, estrogens should not be used during pregnancy because of possible risk to the fetus.

Ask your health care provider about Premarin.

Premarin offers a combination of excellent quality and 50-year heritage...all for only about 40 cents per day. Ask your doctor or health care provider about Premarin.

Premarin, earning your confidence generation after generation.

PREMARIN®

(conjugated estrogens tablets, USP)

The appearance of this 0.625 mg tablet is a trademark of Wyeth-Ayerst Laboratories.

Please see the important information accompanying this ad.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

PREMARIN® Brand of conjugated estrogens tablets, USP
This Summary describes when and how to use estrogens and the risks of estrogen treatment.

ESTROGEN DRUGS
Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable in view of their benefits. If you decide to start taking estrogens, check with your doctor to make sure you are using the lowest possible effective dose. The length of treatment with estrogens will depend upon the reason for use. This should also be discussed with your doctor.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries. The decrease in the amount of estrogen that occurs in all women, usually between ages 45 and 55, causes the menopause. Sometimes the ovaries are removed by an operation, causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest or sudden intense episodes of heat and sweating ("hot flashes"). The use of drugs containing estrogens can help the body adjust to lower estrogen levels.

Most women have none or only mild menopausal symptoms and do not need estrogens. Other women may need estrogens for a few months while their bodies adjust to lower estrogen levels. The majority of women do not need estrogen replacement for longer than six months for these symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of vertebrae, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as milk products) or taking calcium supplements (1,000 to 1,500 milligrams per day) and certain types of exercise may also help prevent osteoporosis.

Since estrogen use is associated with some risk, its use in the prevention of osteoporosis should be confined to women who appear to be susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, and cigarette smoking.

Women who had their menopause by the surgical removal of their ovaries at a relatively young age are good candidates for estrogen replacement therapy to prevent osteoporosis.

To treat certain types of abnormal uterine bleeding due to hormonal imbalance.

To treat atrophic vaginitis (itching, burning, dryness in or around the vagina).

To treat certain cancers.

WHEN ESTROGENS SHOULD NOT BE USED
Estrogens should not be used:

During pregnancy. Although the possibility is fairly small, there is a greater risk of having a child born with a birth defect if you take estrogens during pregnancy. A male child may have an increased risk of developing abnormalities of the urinary system and sex organs. A female child may have an increased risk of developing cancer of the vagina or cervix in her teens or twenties. Estrogen is not effective in preventing miscarriage (abortion).

If you are breast feeding. Many drugs are excreted in human milk and can be passed on to your baby. Therefore, estrogen therapy should be used only when your doctor decides it is clearly necessary.

If you have had any heart or circulation problems. Estrogen therapy should be used only after consultation with your physician and only in recommended doses. Patients with a tendency for abnormal blood clotting should avoid estrogen use. This includes patients who currently have clots in the leg (thrombophlebitis), or any other part of the body (thromboembolic disorder). (See below.)

If you have had undiagnosed vaginal bleeding. If you have ever had abnormal bleeding from the vagina estrogens should not be used unless you have talked to your physician about this problem.

If you have had cancer. Since estrogens increase the risk of certain cancers, you should not take estrogens if you have ever had cancer of the breast or uterus. In certain situations, your doctor may choose to use estrogen in the treatment of breast cancer.

When they are ineffective. Sometimes women experience nervous symptoms or depression during menopause. There is no evidence that estrogens are effective for such symptoms. You may have heard that taking estrogens for long periods (years) after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence that this is so and such long-term treatment may carry serious risks.

DANGERS OF ESTROGENS
Cancer of the uterus. The risk of cancer of the uterus increases the longer estrogens are used and when larger doses are taken. One study showed that when estrogens are discontinued, this increased risk of cancer seems to fall off quickly. In another study, the persistence of risk was demonstrated for 10 years after stopping estrogen treatment. Because of this risk, *it is important to take the lowest effective dose of estrogen and to take it only as long as you need it.* There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

If you have had your uterus removed (total hysterectomy), there is no danger of developing cancer of the uterus. If you have your uterus, please refer to the section titled **"OTHER INFORMATION."**

Cancer of the breast. The majority of studies have shown no association with the usual doses used for estrogen replacement therapy and breast cancer. Some studies have suggested a possible increased incidence of breast cancer in those women taking estrogens for prolonged periods of time and especially if higher doses are used.

Regular breast examinations by a health professional and self-examination are recommended for women receiving estrogen therapy, as they are for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery than women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, heart attack or pulmonary embolus, any of which may be fatal.

Heart disease. Large doses of estrogen in men have been shown to increase the risk of certain heart diseases. This may not necessarily be true in women. In order to avoid the theoretical risk of high doses, the dose of estrogen you take should not exceed the dose recommended by your doctor.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

SIDE EFFECTS
In addition to the risks listed above, the following side effects have been reported with estrogen use:

- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Breakthrough bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney disease.
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING RISK OF ESTROGEN USE
If you decide to take estrogens, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking estrogens, it is important that you visit your doctor at least once a year for a physical examination. Special attention should be given to blood pressure, breasts, abdomen, and pelvic organs. A Pap smear should be taken and tested at this visit. If members of your family have had breast cancer or if you have ever had breast nodules or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations. Also be sure to let your doctor know if you have ever had liver or kidney disease, as this may affect the decision to use estrogen.

Reevaluate your need for estrogens. You and your doctor should reevaluate your need for estrogens at least every six months

Be alert for signs of trouble. Report these or any other unusual side effects to your doctor immediately:

- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in the legs, heart, or lungs).
- Severe headache, dizziness, faintness, or changes in vision, indicating possible clots in the brain or eye.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Some physicians may choose to prescribe another hormonal drug to be used in association with estrogen treatment for women with a uterus. These drugs, progestins, have been reported to lower the frequency of occurrence of a possible precancerous condition of the uterine lining. Whether this will provide protection from uterine cancer has not been clearly established. There are possible additional risks that may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. The choice of progestin and its dosage may be important in minimizing these effects.

Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check with your doctor about the amounts recommended.

Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or poison control center immediately.

This Summary provides the most important information about estrogens. If you want to read more, ask your doctor or pharmacist to let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the most current Premarin Tablets Direction Circular, CI 3908-7, Revised October 20, 1994.

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WAPR-0405

World Leadership in Women's Health Care®

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Philadelphia, PA 19101

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UPKEEP

Lightbulbs That Think

New advancements in technology may change the way you look at lightbulbs.

There's far more to lightbulbs than glass and filament. Some of the latest bulbs have microchips in their base that offer features that were unimaginable until recently. One new "intelligent" lightbulb functions as a 60-watt bulb or—by flicking the light switch—serves as a timer. The microchip turns the bulb on at a designated time each day and then turns the bulb off six hours later. Another bright new bulb can gradually dim to a night-light over 20 minutes. Others include an auto-off model that shuts itself off in 30 minutes, a dimmer bulb that allows homeowners to dim the light to several different levels without the need of a dimmer switch, and a bulb that has a spare filament that provides backup lighting when the first filament burns out. Bulbs cost about $5 each.

New fluorescents produce soft white light similar to incandescent bulbs, they don't hum the way the old ones used to, and some can even be used in outdoor fixtures.

Better *by* Design

by Steven Greenbut



Great kitchens and baths come in every size, shape, and style, but they share one characteristic—distinctive personality. Let these pages help you create rooms that are a reflection of *you*.



old-world elegance

FURNITURE-STYLE CABINETRY AND JEWEL-TONED WALLS TAKE THIS KITCHEN BACK TO AN EARLIER, MORE ELEGANT ERA.

Fine craftsmanship and a sense of tradition were the two main traits that Anne and Archie Damman sought in their new kitchen. "We wanted a kitchen that would have that old-world look, yet be full of modern conveniences," Anne explains. The key to this kitchen's appeal is custom cabinetry designed to appear like freestanding furniture. The framed birch cabinets are topped by crown moldings, punctuated by glass paneled doors, and decorated with delightful details. With its carved posts, beadboard panels, and butcher-block top, the center island has the charm of a table handcrafted by a colonial-era artisan.



The right niche—every small appliance has its place in this kitchen.

continued on page Z4

As I See It, #24 in a series
Hashi, Photographer
John Walker, Illustrator
"It's All Greek to Me"



THE BOLD LOOK
OF **KOHLER.**

Wanna make some real waves in the kitchen? Our Ballad stainless steel sinks have all the elements in their favor. Note the classic lines (ours have real character) in single, double, triple and bar sink styles. Now, how does that strike you? See the Yellow Pages for a Kohler® Registered Showroom. For product literature, send $8 to Kohler Co., Dept. FB9, Kohler, WI 53044 or call 1-800-4-KOHLER, ext. FB9.

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old-world elegance

continued from page Z2



Nestled under a 17-foot ceiling, this kitchen combines an elegant appearance with a hardworking layout.

Likewise, the intricately carved above-range soffit, propped up by two hefty columns, is the kind of distinctive design detail rarely found today.

The Dammans also used bold color to anchor this kitchen in the past. Deep forest green paint—a tone typically used in stately colonial manors—cloaks the walls; white-painted cabinets stand in vivid contrast. Note the color strategy that the Dammans adopted. Because cabinetry and countertops are rather costly, they opted for white—a finish choice unlikely to ever go out of style. They then used the walls as a colorful palette. Using strong color makes an extra-roomy kitchen like this one feel warm and cozy.



Practical features such as a recycling center hide behind the island's furniture-like facade.

A brick-clad fireplace—the focal point of a small but cozy sitting area—recalls a time when the cook relied on an open fire. Other ideas such as the brass chandelier suspended from the towering ceiling and the antique-style faucets, steep this kitchen in tradition. ⌂

HALOGEN COOKING. IT'LL MAKE YOU FORGET THAT OLD FLAME OF YOURS.



With Amana's quartz halogen cooktop, you can dial a temperature setting and it will come on instantly. The exclusive ten-position variable intensity system gives you remarkable control even at low temperatures, just like that old gas range of yours. That means you can even simmer a delicate sauce without fear of scorching.

And with a glass ceramic smoothtop surface and unique frameless design, cleaning up is easier than ever before.

Amana's quartz halogen cooktop. It gives you total control where you need it most. In the kitchen. To learn more, please call 1-800-843-0304 for the dealer nearest you.

M a k i n g A D i f f e r e n c e

Amana

Raytheon Appliances



heartwarming kitchen

THIS KITCHEN IS SO WARM AND INVITING THAT IT BRINGS BACK MEMORIES OF GRANDMA BAKING YOUR FAVORITE PIE.



When it came time to remodel the kitchen in their turn-of-the-century farmhouse, Jeanne and Mark Finlay knew that a country kitchen was best-suited to their historical house, as well as to their family lifestyle. "This is our gathering spot," Jeanne says, "and we wanted the kitchen to feel like it's always been there." Drawing on recollections of sitting around the table while Grandma prepared the evening meal, the Finlays designed a kitchen that captures the right spirit without sacrificing state-of-the-art function.

Their first course of action was to rework the floor plan. By adding a mere 3½ feet, the Finlays were able to accommodate a sunny eating area that's within talking distance of the kitchen's work triangle. Next, they designed a long, storage-filled center island as the kitchen's main

continued on page Z8



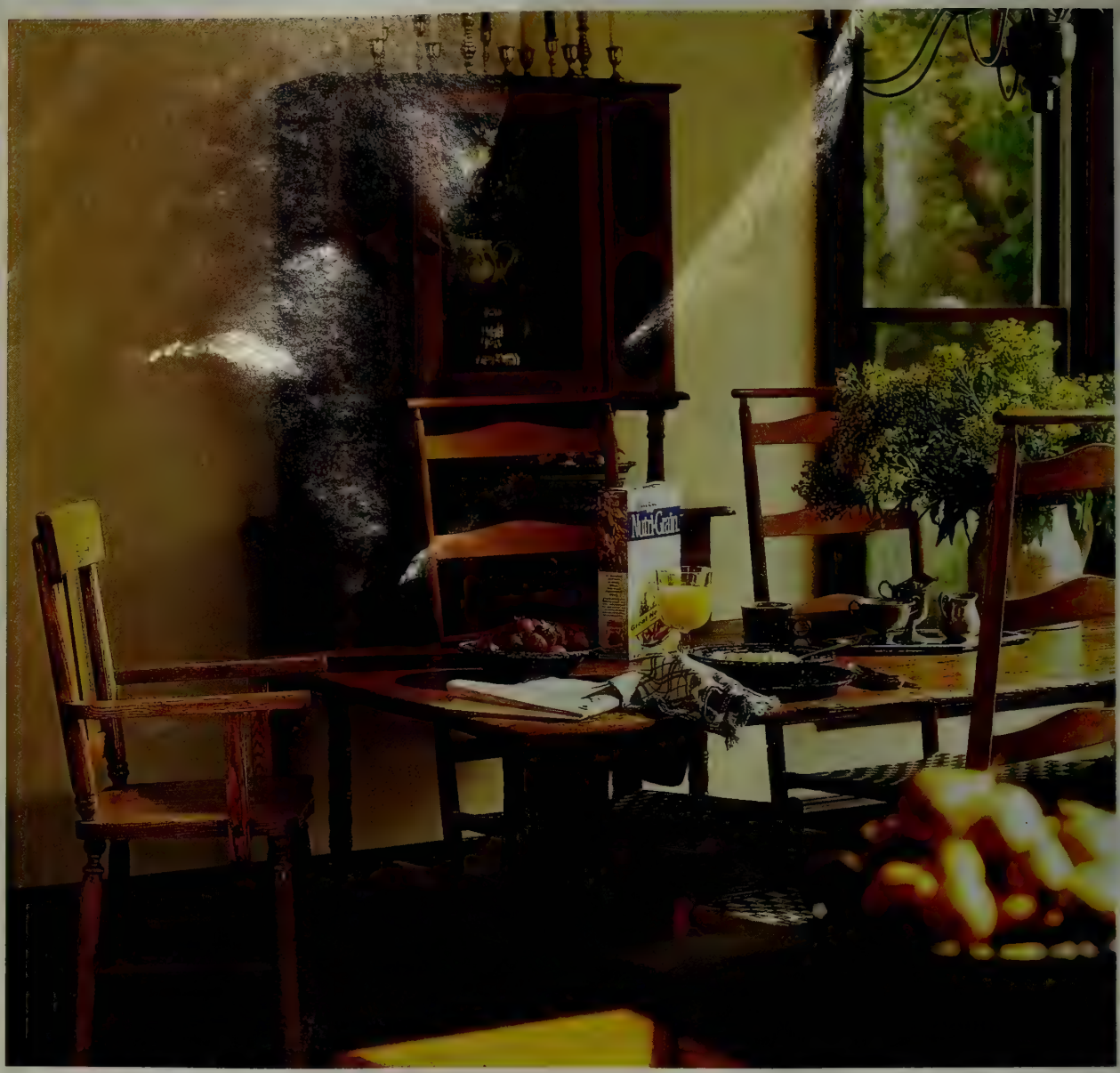
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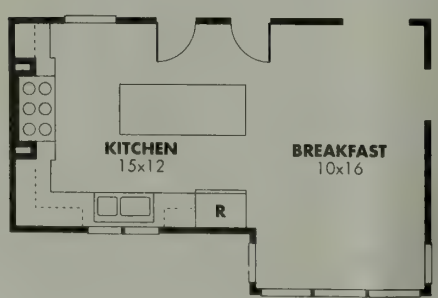
heartwarming kitchen

continued from page Z6



Bumping out the walls by a few feet yielded space for this sunny eating nook. This spot is within earshot of the work triangle.

focal point. This spacious island—offering the kind of counter space only dreamed about in olden days—is easily accessible from the refrigerator, sink, or cooktop.



Beyond the floor plan, the kitchen's old-time country decor is the most obvious tribute to the past. The brick armature that surrounds the commercial-grade stove recalls cooking over an open hearth (without all the hassle, of course). Keeping the mortar joints flat and messy gives the brickwork an authentic appeal. People always think the Finlays uncovered the original fireplace. Luscious golden-hued, knotty pine cabinetry; rough-hewn ceiling beams that look like trusses from an old barn; wide-board, stained pine floors; and antique-style faucets complete the farmhouse decor.



We thought of everything.

Chapter Three

3

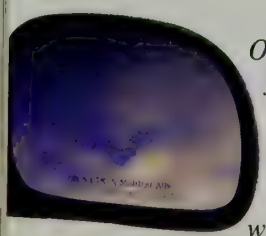


By taking our cab-forward design philosophy a step further, we reduced the coefficient of drag to .36. Which means Caravan slips through the wind more easily.

We gave it a sleek shape to minimize wind noise and ended up with the quietest Caravan ever.



By changing the way Caravan looks,



Our clever designers found a way to make the new Caravan's side-view mirrors both larger and less wind resistant.

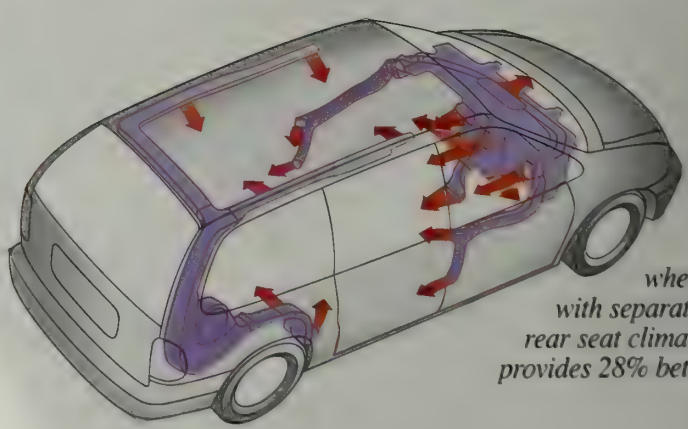


We designed all the important controls to be easy to see and reach. After all, it's those little touches that matter most.

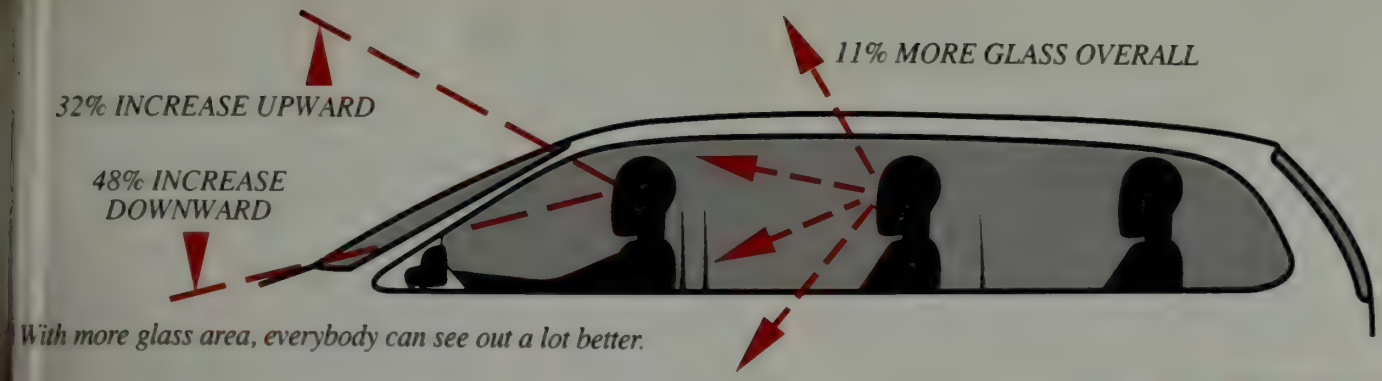


63"

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Ca... when eq... with separate fro... rear seat climate co... provides 28% better a...



With more glass area, everybody can see out a lot better.

A significantly smaller turning circle makes the new Caravan more maneuverable.





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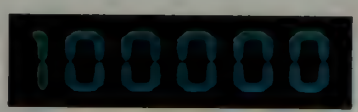
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we've improved the way it works.



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delightful details

FROM THE WOODWORK TO THE WINDOWS, THIS KITCHEN IS FILLED WITH LITTLE EXTRAS AND FINE DETAILS THAT MAKE ALL THE DIFFERENCE.

Some rooms are greater than the sum of their parts. This kitchen is defined by a variety of thoughtful details that work harmoniously for the common good. Start in the work center, where custom-crafted cabinetry and granite countertops create a high-quality, country-style backdrop that has the charm of an English Cotswold cottage. A long and slender kitchen island stretches along the narrow corridor, offering an abundance of counter space wherever you need it—by the sink, ovens, and refrigerator. Note how the cooktop is angled to ease cooking by avoiding a tight corner. The range hood is encased by intricately detailed wood panels

continued on page Z10

ARCHITECT: LOUISE BROOKS, GOLLANS AND BROOKS ASSOCIATES. PHOTOGRAPHS: JOHN KANE. FIELD EDITOR: BONNIE MAHARAM

delightful details

continued from page Z9

and backed up by a hand-painted tile mural keyed into the room's muted tones. A divided light window bows out from the kitchen sink to channel daylight across the entire working core. Other delightful details include stylish stainless steel appliances and painted wood beams



From the grand windows to the shapely ceiling, this eating nook is packed with great design ideas. The benches lift up for extra storage; wainscoting and traditional trimwork add layers of detail.

Think of the skillful craf
The select hardwood. The je

that pattern the ceiling. Adjacent to the cook center, a rounded bump-out serves as a distinctive eating nook. Never mind its tiny dimensions, this breakfast spot is an architectural feast thanks to its Palladian-style window, soaring ceiling, and built-in bench.

Another one of this kitchen's touches is a desk area that's steps away from the heart of the kitchen. Built from cabinetry, this desk has a furniture appeal that sets it apart from the typical kitchen office. With its open shelving and many storage compartments, the desk handles paperwork with poise.



A spacious work surface lets you spread out all the books or bills. This furniture-like office area—located just steps from the cooking core—is one of this kitchen's many well-thought-out ideas.





Built into the center island, three drawers hold baskets that easily lift out. Simply take the baskets (which can be used to store silverware, linens, or other items) to the table for an easy setting.



One of the many benefits of a new kitchen is having people over to see it.

So to help you create a kitchen that you'll be proud of, we're offering our Kitchen Design & Planning Kit. It has idea starters, templates, graph paper, tips on budgeting, hiring contractors and more. For just $8, it will give you lots of help. But you can always tell the neighbors you did it all by yourself.

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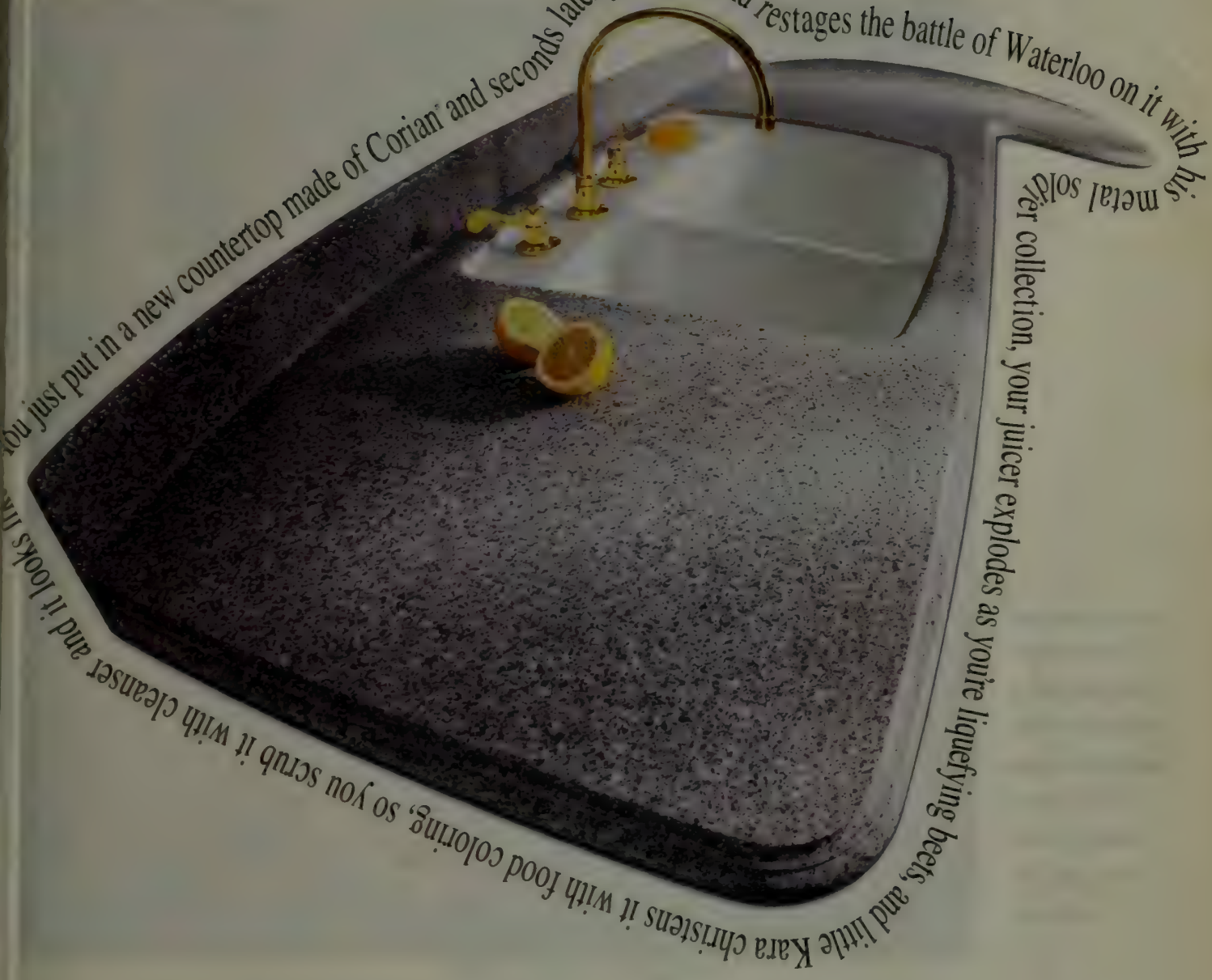


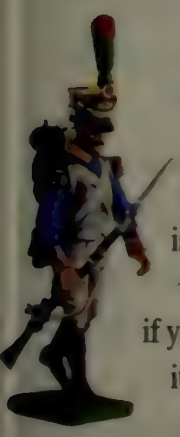
craftsman charmer

WHY SACRIFICE HISTORICAL CHARM OR FORWARD-THINKING CONVENIENCE? THIS CRAFTSMAN-STYLE KITCHEN COMBINES BOTH.

Back in 1917, when Holly Williams's and George Stough's bungalow was built, Craftsman-style architecture was making waves with its rejection of Victorian-era frilliness in favor of solid simplicity and practical innovation. The couple's 1990s kitchen remake captures the spirit of their home's vintage as well as the style of that age. The solid oak cabinets are balanced by a geometric grid design—and the diamond-shaped door pulls are characteristically Craftsman. So too is the abundance of oak trim and flooring, the unadorned white ceramic tile backsplash, and the square leaded-glass window popped into the wall above the range. Three sets of casement windows, topped by eyebrow-shaped transoms, faithfully re-create the types of stained-glass patterns used as

continued on page Z14





What's the most common thing people make in the kitchen? An unbelievable mess, of course. Which is why having DuPont Corian® is such a blessing. For starters, it's remarkably easy to clean because it's non-porous. So if you get a stain on a Corian sink or countertop, it simply wipes away with a little cleanser. But better than that, Corian is also renewable. Just a bit of sandpaper can make cuts and scratches disappear.

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And that leaves you with something very attractive—a surface whose beauty never fades. Choose any one of 41 colors and years from now it'll look as rich and satisfying. Not to mention looking seamless. So if you want to cook up something spectacular in the kitchen, there's one simple recipe to follow. Use Corian.



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craftsman charmer

continued from page Z12

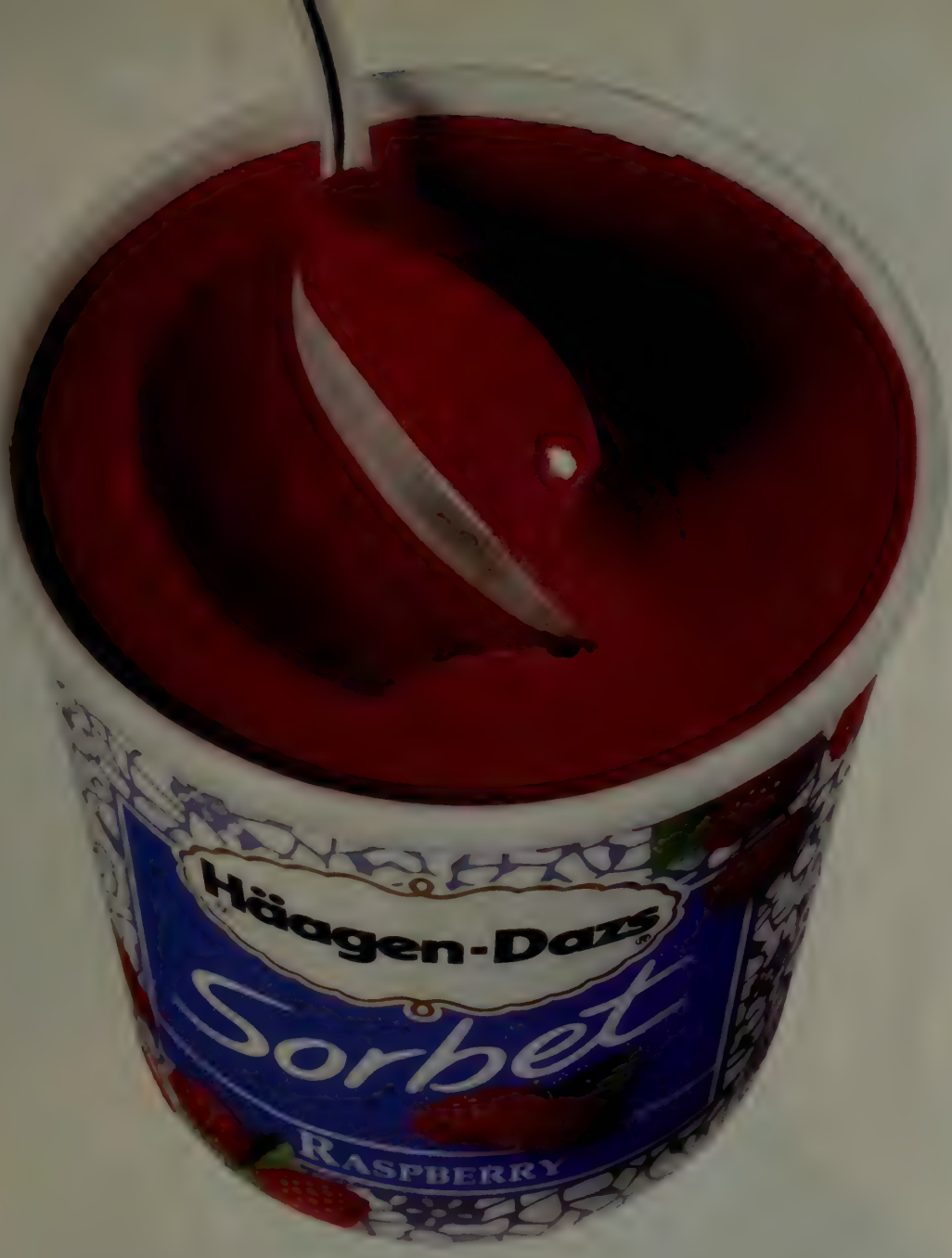


The couple set aside one end of the kitchen to serve as an all-purpose cook center. There's room for every small appliance, cookbooks, and pots and pans.

decoration during the Craftsman era. Natural themes—which sought to reconnect homeowners with their rural roots—were paramount. This kitchen's windows depict grapevines in the rich and earthy colors that were widely used by Craftsman designers.

Building such a historically accurate kitchen is a fine feat in itself. But what takes this kitchen to another level is the way it pioneers the types of practical innovations that would have made the early Craftsman architects proud. For example, the kitchen's limited dimensions meant they would have to do without an eating nook or cut back on crucial storage areas. Rather than do either, the couple designed a two-person table that pulls out to accommodate four.

The floor plan also features clever, but practical, ideas. Like any couple, Holly and George have a collection of toasters, blenders, food processors, and other small appliances that rarely get used because there's no place for them. To solve this problem, the couple turned one end of the kitchen into a decked-out cook center. The range is the focal point. Custom-designed drawers and extra counter space make room for every gadget.



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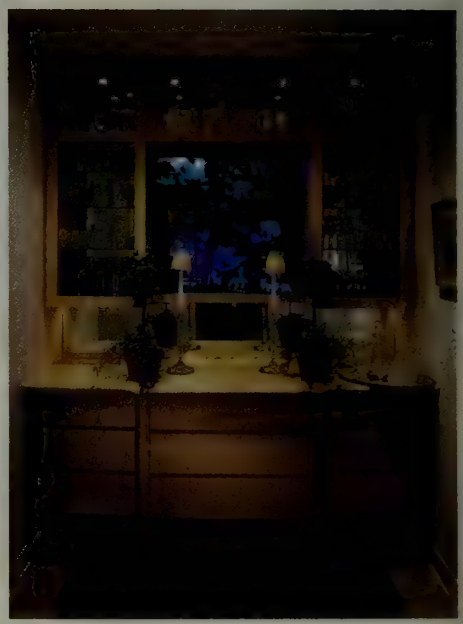
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Luxurious finishes (like tumbled marble and whitewashed ash) and dramatic lighting let this kitchen take on a distinctly non-kitchen attitude.

room with a mood

CREATING THE RIGHT MOOD IN THIS NEW KITCHEN WAS FAR MORE IMPORTANT THAN CHOOSING THE RIGHT APPLIANCES.

"The most important thing to me when designing this kitchen was to achieve a wonderful, romantic feeling of peace, warmth, and retreat," homeowner Sue Suster explains. By combining soft colors, tactile materials, and an array of lighting techniques, Suster gave her 8×13-foot kitchen the ambience of a sitting room. Whitewashed seamless ash cabinetry, an intricately designed Italian tumbled marble backsplash, and limestone-looking marble counters and floors set the tone. Seven levels of lighting—including sconces, low-voltage ceiling lights, and under-counter strip halogens—give Suster an array of choices. "It's a kitchen that, with lighting, I can create a mood where it's not a kitchen…it can become a gallery or a place to chat with friends and family," she adds.



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H5



etched-in-stone luxury

MARBLE-CLAD WALLS GIVE THIS MASTER BATH A SOOTHING STYLE THAT ENCOURAGES LONG BUBBLE BATHS AND QUIET RELAXATION.

Some bathrooms brim with excitement, others soothe the senses. When Claire and Mark Golan converted an extra bedroom into their master bath, they wanted to create a comfortable retreat, but one with architectural pizzazz. Taupe-colored variegated marble tile sets the warm and calming tone. By using this soft-colored marble so extensively (on the walls and floor, in the shower, and around the tub), the Golans created the ambience of an ancient grotto. Other naturally beautiful finishes—such as the grainy birch cabinetry, sand-colored

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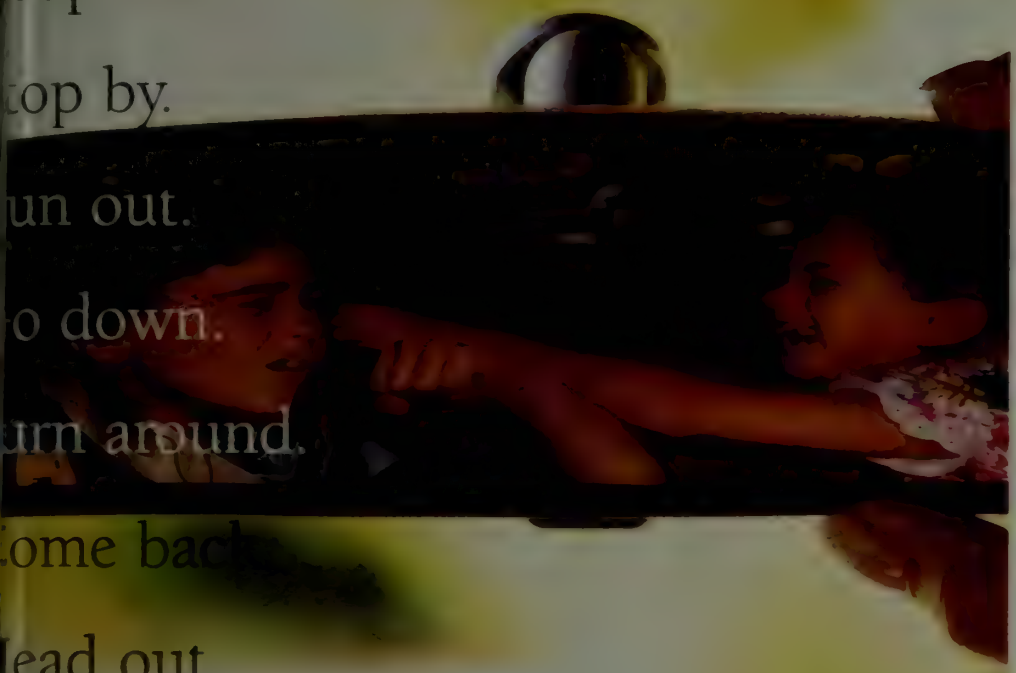
think in the car.

esterday, I told my youngest

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etched-in-stone luxury

continued from page Z20

fixtures, and earthen-hued counters and woodwork—accentuate the earthy luxury. The floor plan also enhances the bathroom's pacific personality. An L-shaped stretch of vanities, with his-and-her lavatories and commodious storage, pampers the couple every morning as they prepare for the day. For added convenience and privacy, the bathroom boasts a separate tub and shower and a compartmentalized toilet area that basks in diffused light from the leaded-glass oval window.

The big-enough-for-two whirlpool tub, nestled below oversize casements, is the ideal amenity for after-work relaxation. Even though the Golans enjoy their whirlpool on occasion, they realized that the shower deserved even more attention because of its everyday use. Multihead steam controls turn the 3×4-foot enclosure into a resortlike sauna. The bench is a "wonderful convenience," Claire says, explaining how she loves to sit back and soak up the water and steam. The shower also features two generous-size recessed shelves that offer plenty of room for shampoos and the like.

Sconces and cone-shaped low-voltage downlights offer an abundance of working and mood lighting.



Here's a shower that offers everyday luxury, thanks to its steam controls, built-in bench, and generous size. A large glass enclosure showers the stall in daylight.



Neutral-toned finishes are ideal for any decorating theme. Depending on their mood, the Golans can spruce up with bold colored rugs and towels or stick with soft, warm tones.

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the future looked pretty good: a sail boat
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t wind and sunburn got old.
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of your remodeled home looks, well, great.
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Soothing colors, diffused natural light, and a luxurious whirlpool tub turn this master bath into a comfortable retreat.



You deserve to make those busy mornings easier. These homeowners needed a bathroom that could comfortably accommodate two as they start the hectic workday. Their design features well-equipped dual vanity areas, a whirlpool tub, and a separate shower. Clever storage ideas—including pull-out hampers, a makeup drawer, and towel cubby-holes—tend to their every need. Soft colors, plenty of natural and incandescent lighting, and well-crafted traditional decor offer a stylish and comfortable environment.





His and her vanity areas each have pull-out bins—one for laundry, the other for dry cleaning. Above-counter towel cubbies keep soft towels always within reach.

When you're barely awake, there's nothing like smartly designed storage areas to help you prepare to meet the day.



SOME THINGS JUST INSPIRE COMFORT

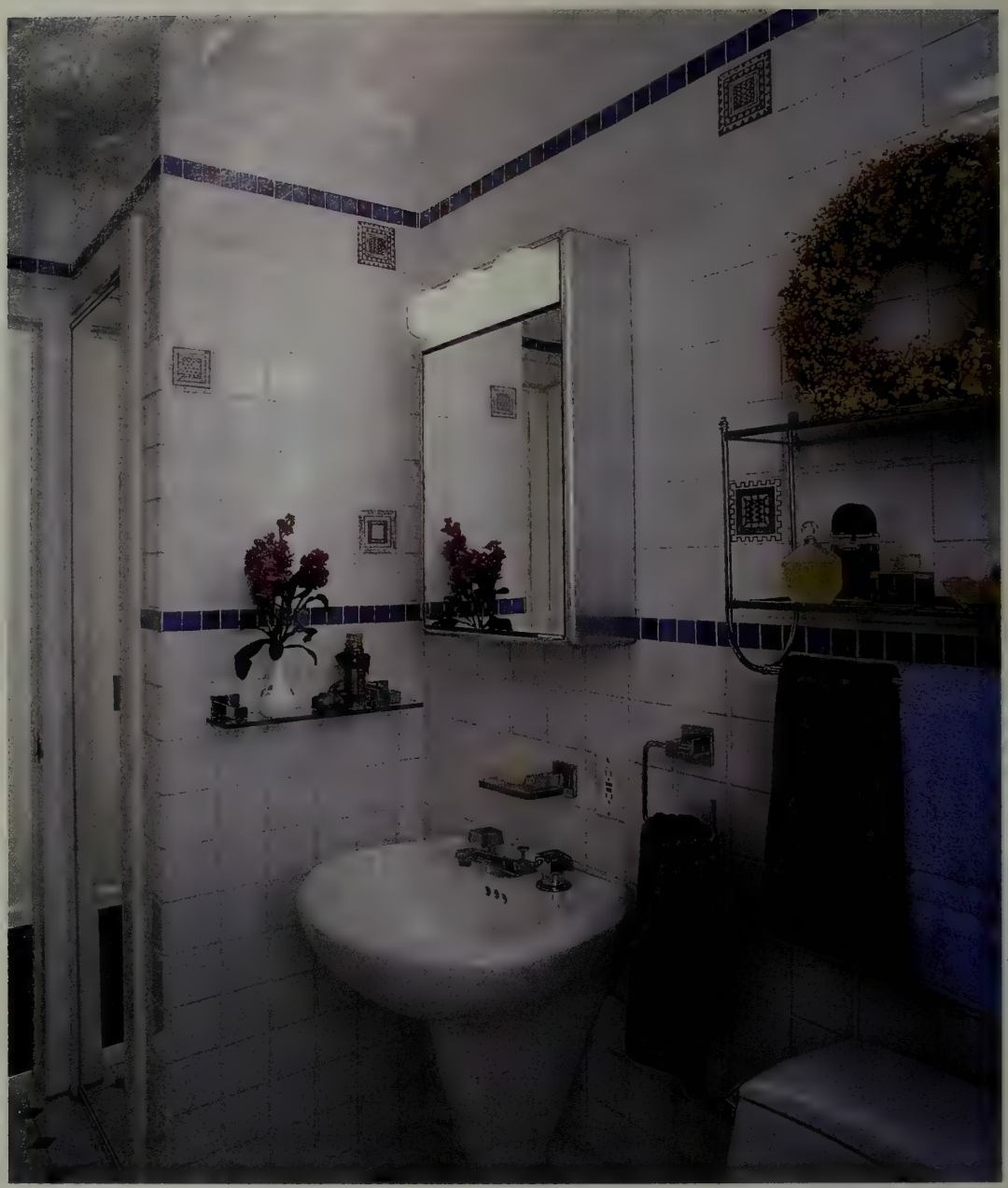
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shapely vanity

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Give your vanity some flair. A little extra attention can transform a ho-hum bathroom into something spectacular. For starters, this vanity is 36 inches high—as opposed to the standard 30-inch height—to ease back strain for taller adults. Quality wood cabinets, marble countertops, and antique-style faucets and hardware create a distinctive, traditional look. The vanity's decorative kickplate—and the extra-deep center section—gives it the look of free-standing furniture.

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

OLD-WORLD ELEGANCE

Page Z2: wall paint (Jungle green)—Pratt & Lambert, Inc., 75 Tonawonda St., P.O. Box 22, Buffalo, NY 14240. **Brass bar sink**—Renovator's Supply, Renovator's Old Mill, Millers Falls, MA 01349. **Brass sink faucet**—Grohe America Inc., 241 Covington Dr., Bloomingdale, IL 60108; 800/323-9660. **Dishwasher,** model GSD2400 and **Microwave oven,** model JEM27KWH—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Toaster**—Black & Decker Company, Household Products Group, Customer Service, 6 Armstrong Rd., Shelton, CT 06484; 800/762-6672. **Birch cabinetry,** "Prestige" style—Heritage Cabinets, 215 Diller Ave., New Holland, PA 17557. **Solid-surface countertops**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702; 800/426-7426. **Terra-cotta floor tile**—Virginia Tile, 1700 Stutz, Troy, MI 48084. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820.

Page Z4: gas cooktop, model CCG456; **electric oven,** model W130—Jenn-Air Co., 3035 N. Shadeland Avenue, Indianapolis, IN 46226-0901. **Brass bar sink**—Renovator's Supply, Renovator's Old Mill, Millers Falls, MA 01349. **Brass sink faucet**—Grohe America Inc., 241 Covington Dr., Bloomingdale, IL 60108; 800/323-9660. **Trash compactor,** model GCG1000—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **Birch cabinetry,** "Prestige" style—Heritage Cabinets, 215 Diller Ave., New Holland, PA 17557. **Solid-surface countertops**—DuPont Corian (address above). **Terra-cotta floor tile**—Virginia Tile, 1700 Stutz, Troy, MI 48084.

HEARTWARMING KITCHEN

Page Z6: windows—Caradon Lock-Wood, P.O. Box 160, Scoudouc, NB Canada EOA 1NO; 506/532-4463. **Paint**—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862. **Cabinet hardware**—Harrington Brass Works, 166 Coolidge Ave., Englewood, NJ 07631. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Down lighting**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094-0508.



Page Z8: windows—Caradon Lock-Wood, P.O. Box 160, Scoudouc, NB Canada EOA 1NO; 506/532-4463. **Paint**—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Light fixture**—Period Lighting Fixtures, 1 Main St., Chester, CT 06412.

DELIGHTFUL DETAILS

Page Z9: paint (Linen white)—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744; 800/222-7820. **Ovens**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Dishwasher**—ASKO Inc., 903 North Bowser, Suite 200, Richardson, TX 75081; 800/367-2444. **Range hood**—Miele Appliances, 22D World's Fair Dr., Somerset, NJ 08873; 800/843-7231. **Cabinets**—Christopher Peacock, 151 Greenwich Ave., Greenwich, CT 06830. **Bar chairs**—Tables, Chairs and More, 1930 West Main St., Stamford, CT 06902. **Tile**—Paris Ceramics, 151 Greenwich Ave., Greenwich, CT 06830. **Lighting**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094-0508.

Pages Z10–Z11: light fixture—Ironware International, 710 Fessey Park Rd., Nashville, TN 37204.

CRAFTSMAN CHARMER

Page Z12: cabinets—John Gorrell Woodworking, 6030 Highway 85 North, Number 720, Riverdale, GA 30274. **Sink**—Kohler Co., Kohler, WI 53044. **Table counter**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702; 800/426-7426. **Tile counter**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Faucet**—Grohe America Inc., 241 Covington Dr., Bloomingdale, IL 60108; 800/323-9660. **White pot**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461.

Page Z14: cabinets—John Gorrell Woodworking (address above). **Dishwasher**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Tile counter**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Oven**—Jenn-Air Co., 3035 North Shadeland Ave., Indianapolis, IN 46226-0901. **Faucet**—Grohe America Inc., 241 Covington Dr., Bloomingdale, IL 60108; 800/323-9660. **Stainless steel pots and pans**—Cuisinart, Inc., 120 Top Gallant Rd., P.O. Box 120067, Stamford, CT 06912-0067.

ROOM WITH A MOOD

Page Z18: cabinetry—Benvenuti & Stein Inc., 2001

continued on page Z32

Buying Guide

continued from page Z31

Greenleaf, Evanston, IL 60602. **Countertop** "Saturnia" marble—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093 and 1455 W. Fullerton, Chicago, IL 60614. **Sink**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702; 800/426-7426. **Cooktop**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Ovens**—Dacor, 950 South Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093. **Dishwasher**—ASKO, Inc., 903 N. Bowser, Ste. 200, Richardson, TX 75081; 800/367-2444. **Refrigerator**—KitchenAid, 2000 M-63 North, Benton Harbor, MI 49022; 800/422-1230. **Tumbled marble floor and backsplash**—Village Carpets (address above). **Lighting**—CSL Lighting Manufacturing Inc., 25070 Ave., Tibbetts, Valencia, CA 91355-3447; 800/257-4155. **Sconces**—Tech Lighting, 300 West Superior, Chicago, IL 60610. **Floor rug,** "Sue Suster Originals"—Village Carpets (address above).

ETCHED-IN-STONE LUXURY

Page Z20: cabinetry—Exclusive Woodworking, 475 Keller Dr., Park City, IL 60085. **Countertops,** "Fountainhead"—International Paper Co., Nevamar Division, 8339 Telegraph Rd., Odenton, MD 21113-1397. **Marble**—Tithof Tile & Marble Inc., 1665 Old Skokie Road, Highland Park, IL 60035. **Sinks, tub**—Kohler Co., Kohler, WI 53044. **Faucets,** "Dornbracht"—Santile International Corp., 6687 Jimmy Carter Blvd., Norcross, GA 30071; 800/441-4369. **Hanging light fixtures**—Artemide, Inc., 1980 New Highway, Farmingdale, NY 11735. **Wall sconces**—Boyd Lighting, 56 12th St., San Francisco, CA 94103. **Hardware**—Colonial Hardware, through Decorator Hardware & Bath Co., 3921 West Touhy, Lincolnwood, IL 60645.

Page Z24: cabinetry—Exclusive Woodworking (address above). **Countertops,** "Fountainhead"—International Paper Co., 8339 Telegraph Rd., Odenton, MD 21113-1397. **Marble**—Tithof Tile & Marble Inc., 1665 Old Skokie Rd., Highland Park, IL 60035. **Sinks, tub**—Kohler Company, Kohler, WI 53044. **Faucets,** "Dornbracht"—Santile International Corp., 6687 Jimmy Carter Blvd., Norcross, GA 30071; 800/441-4369. **Hanging light fixtures**—Artemide, Inc., 1980 New Highway, Farmingdale, NY 11735. **Wall sconces**—Boyd Lighting, 56 12th St., San Francisco, CA 94103. **Window blinds**—Beauti-Vue, 8555 194th Ave., Bristol, WI 53104. **Hardware**—Colonial Hardware, through Decorator Hardware & Bath Co., 3921 West Touhy, Lincolnwood, IL 60645.

STEEPED IN COMFORT

Page Z26: bathtub, "Opalia"—Jacuzzi Whirlpool Bath, 100 North Wiget Lane, Drawer J, Walnut Creek, CA 94596; 800/678-6889. **Tub, floor, and counter tile** "Traviata"—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Sink**—Eljer Ind., P.O. Box 879001, Dallas, TX 75287-9001; 800/435-5372. **Faucets**—Jado Bathroom and Hardware Mfg., P.O. Box 1329, Camarillo, CA 93011; 800/227-2734.

Page Z27: bathtub, "Opalia"—Jacuzzi Whirlpool Bath, 100 North Wiget Lane, Drawer J, Walnut Creek, CA 94596; 800/678-6889. **Sink**—Eljer Ind., P.O. Box 879001, Dallas, TX 75287-9001; 800/435-5372.

SHAPELY VANITY

Page Z30: ceramic tile, "Traviata"—American Olean Tile Co., 1000 Cannon Avenue, Lansdale, PA 19446-0271.



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Architects & Designers

OLD-WORLD ELEGANCE

Pages Z2–Z4: Architect—Thom Greene, Presentation Design Assoc., 5324 N. Lakewood, Chicago, IL 60640. **Kitchen designer**—Madison Design Group, 1700 Stutz, Troy, MI 48084.

HEARTWARMING KITCHEN

Pages Z6–Z8: Architect—Mark Finlay Architects, 1300 Post Road, Fairfield, CT 06430.

DELIGHTFUL DETAILS

Pages Z9–Z11: Architect—Gullans & Brooks Inc., 181 Ferris Hill Road, New Canaan, CT 06840.

CRAFTSMAN CHARMER

Pages Z12–Z14: Designers—Stough and Williams Design Consultants, 1226 Ponce de Leon Avenue, NE, Atlanta, GA 30307.

ROOM WITH A MOOD

Page Z18: Kitchen designer—Gene Benvenuti, Benvenuti & Stein Inc., 2001 Greenleaf, Evanston, IL 60201.

ETCHED-IN-STONE LUXURY

Pages Z20–Z24: Architect—Mark T. Golan Architect Ltd., 491 Laurel Avenue, Highland Park, IL 60035.

STEEPED IN COMFORT

Pages Z26–Z27: Architect—David Kelly, 1201 Biltmore Drive, Charlotte, NC 28207.

SHAPELY VANITY

Page Z30: Designer—Ann Patterson, City Design 208 Fourth St., West Des Moines, IA 50265.



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gourd baskets

by Bonnie Maharam

Dried gourds with laced-up tops make sturdy, shapely, and decorative containers. Turn the page to make these beauties your own.

Photographs: William Stites. Design: Judith Bates. Text: Laura Holtorf Collins







prepare the gourd



When basketmaker Judith Bates first became interested in working with gourds, she planted her own garden with the gourd varieties best suited to basket crafting—varieties such as birdhouse, canteen, Chinese bottle, Mexican bottle, and kettle. Each has the characteristic flat bottom she needed for her basketry. Judith's trial garden yielded usable gourds, but it wasn't the satisfying process she'd hoped for. Still, she says it was a worthwhile experience because it thoroughly familiarized her with the materials of her trade. Today Judith leaves the growing to the folks at West Mountain Gourd Farm, who provide her with ready-to-craft gourds ranging in price from $2 to $50, depending on the gourd's size. For more information and a catalog on mail-order gourds, send $2.00 (refundable with the first order) to: West Mountain Gourd Farm, Route 1, Box 853, Gilmer, TX 75644; 903/734-5204.

To cut and prepare the dried gourd to receive its decorative top, follow these steps.

1. Visually determine the placement and shape of the basket's rim. Pencil the rim around the gourd. To create a level rim, rig a tool such as the one shown *above left.* It's constructed from two small pieces of plywood connected by a dowel and secured with wood glue. A pencil slips into a hole drilled through the upper plywood piece. To mark the rim, hold the gourd steady, then move the tool around the gourd.

2. Hold the gourd against a flat working surface, then carefully cut it in two pieces, using a saber saw and following the drawn line.

3. To prepare the gourd for stitching, draw a light pencil line around the gourd ¾ inch from the cut edge. Mark dots along this line, spacing them about ½ inch apart. On small gourds, you may want to reduce the amount of space between dots.

4. When the inside of the gourd is exposed, it will be filled with dried membrane and seeds. Scoop out the dried contents, then sandpaper the inside smooth. A stiff wire brush also can be used to sand the inside.





Judith works with a wire-brush drill attachment, *above.*

5. Drill holes at dots along the line using a 5/64-inch drill bit.

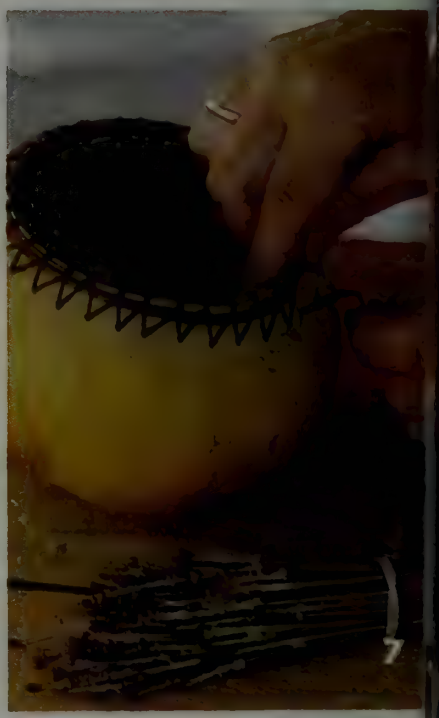
continued on page 8


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decorate the gourd









6. Thread a needle with thin cord or string cut to a length about five times the rim's circumference. Use natural materials such as pine needles, raffia, and sisal (rope)—anything that's flexible—for lacing the rim. Holding the natural material in place, overcast edges with the cord. Work in one direction around the entire rim, taking the last stitch into the hole of the first stitch.

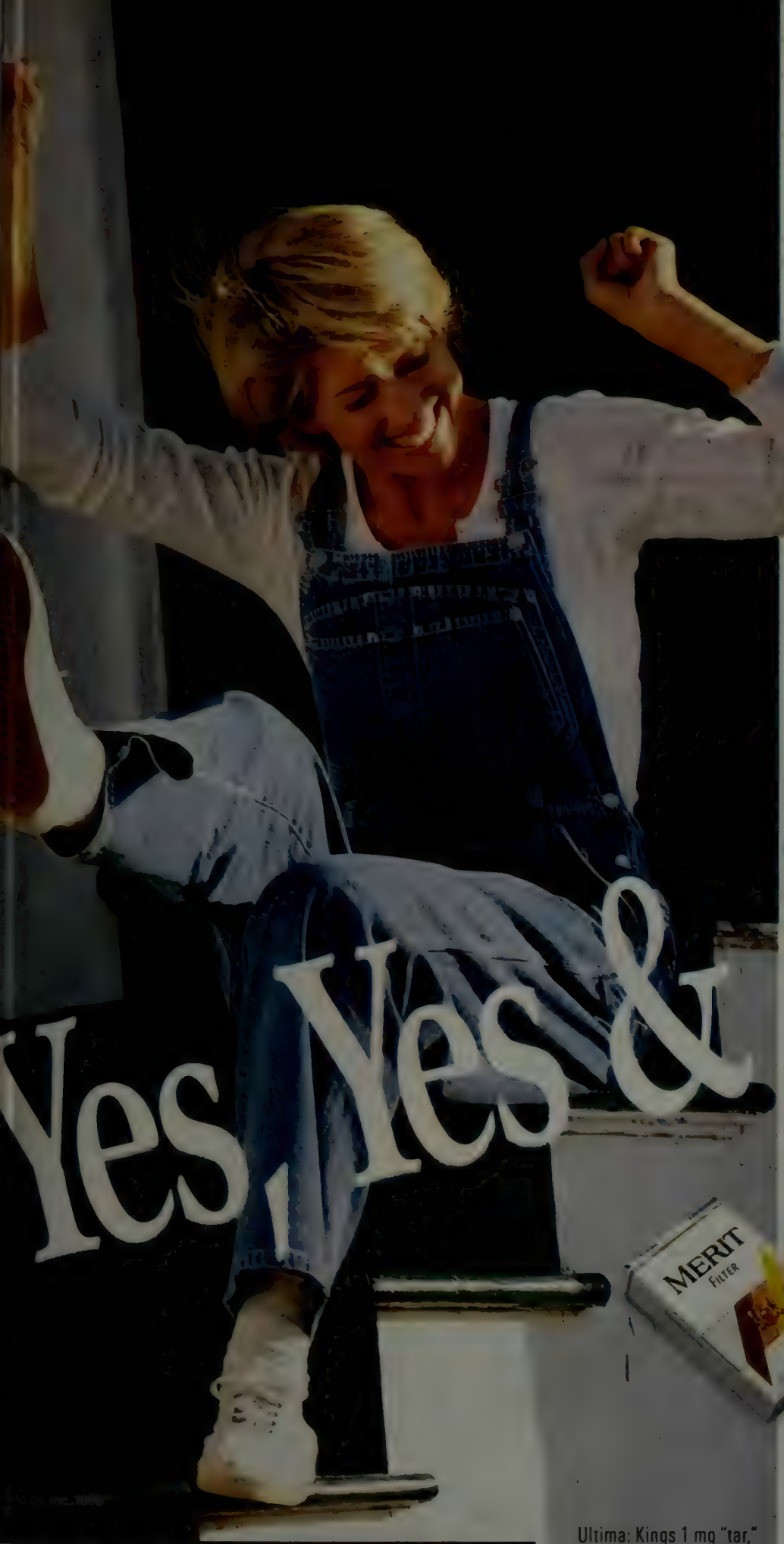
7. With the same threaded needle, work overcast stitches around the rim in the opposite direction. When stitching is complete, knot thread on the inside of the gourd.

8. You can leave the surface of your gourd undecorated or create an asymmetrical pattern and add interesting texture to the surface as shown *right*. With a pencil, lightly trace along the slight, natural irregularities in the gourd, then burn the design into the gourd using a hot wood-burning tool.

When choosing materials for the rim of your basket, explore crafts stores, florists, and your own backyard for all the decorative possibilities. Be imaginative, but keep the trims simple and compatible with the gourd's natural beauty so your basket will be visually successful.

Try braiding lengths of twine or twisted paper rope into a thick cord and securing it with waxed linen or thin leather lacing. Eucalyptus, grapevine, and flexible twigs are other ideas to consider.

You also can eliminate the more time-consuming stitching and simply hot-glue Brazil nuts, seed pods, natural beads, or pine-cone petals around the tops (see the basket in the foreground, *above*). ⌂



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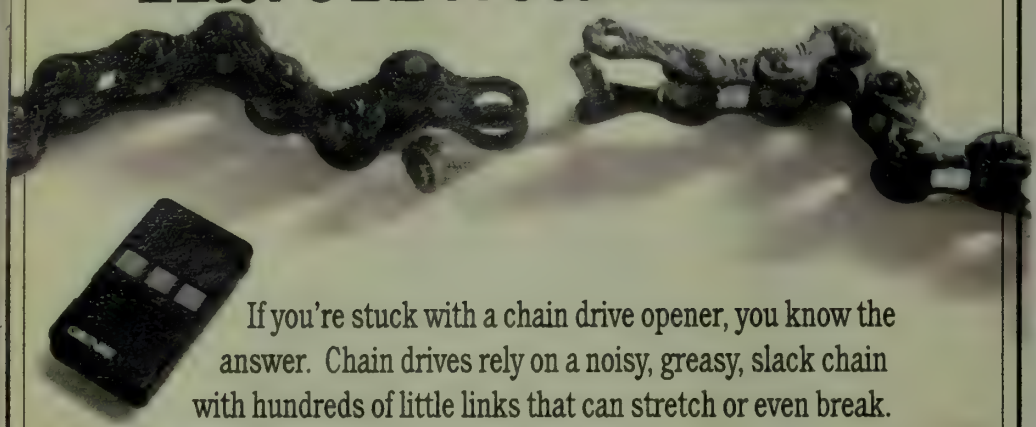
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READER SHOPPING

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The wood frame playhouse rests on concrete piers. The windows are glazed with plastic for safety.

Wonderfully whimsical, this 4×6-foot Hansel-and-Gretel-style playhouse is all fun and games. Storybook figurines cut out of plywood march along the peak of the roof; the wavy lines of the window frames, Dutch door, and the roof all add to the charm.

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by William L. Nolan

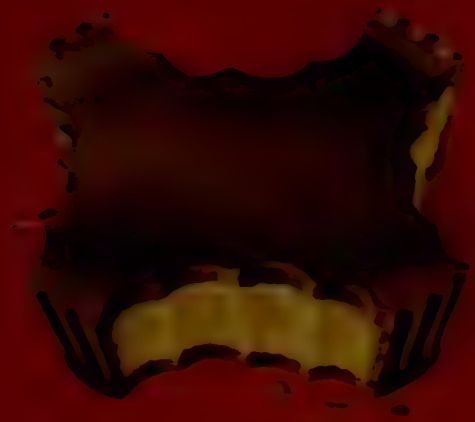


craftsman style on deck

At one end of the porch/deck, graceful arcs borrowed from the home's eyebrow dormer and arched gable windows take the form of a bow-front pavilion for open-air relaxing and dining. Belowdecks, field stone skirting anchors the house solidly in the forest floor.

Eavesdropping on a wren's refrain and watching a game of squirrel tag in the treetops are daily delights at this rustic Craftsman-style house in suburban Minneapolis. One of the features that weds this house so nicely to its site can play matchmaker for your house, too: a rambling, multipurpose porch/deck. Out front, it's a covered entry porch that welcomes visitors and shelters the front door. In back, it bows out grandly as a spacious outdoor room, with nature's own green canopy for a roof. A balconylike veranda links the two areas, providing extra spots for nature lovers to gaze into the woods or for guests to congregate.

continued on page 9



"I try to eat equally from all sides."
(Sanford Evans, Politician)

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The picturesque setting for this Hansel-and-Gretel house included sharp drop-offs into a creek bed. To create easy access to the outdoors on the main level and merge the house with the slope, the owners wrapped a partly roofed porch/deck around the house on two sides.

craftsman style

on deck

Evoking a romantic mountain lodge, flared eaves swoop down to protect the front portion of the deck, forming a commodious entry porch. Local fieldstone covers the porch's concrete-block foundation, melding the house with its north-woods surroundings. Up top, high-profile fiberglass shingles mimic the shapes and shadow lines of real slate.

Shapeliness and pleasing proportions—trademarks of Craftsman design—lend down-to-earth practicality here. The front entry and veranda sections of the deck/porch measure six feet deep—ample room for strolling or casual seating. The large section at the rear curves out another 14 feet to create an open-air entertainment area large enough to handle a crowd. Where the curved and straight sections meet, a glass-paneled door provides direct access to the kitchen, and a casement window beyond the door doubles as a pass-through.

continued on page 94



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craftsman
style
on deck

continued from page 93

Buying information, page 211





In true Craftsman style, the deck lighting looks built-in. Antiqued brass lanterns under the top rails tuck neatly between pairs of 4×4 posts. The lanterns' cylindrical shapes echo in miniature the deck's broad arc.

Hefty corner trim on the house provides a springboard for curved brackets cut from redwood timbers. The bottoms of the brackets form plinths for Craftsman-style sconce lighting, and the tops lean out to support artfully shaped rafter tails.

PORCH AND DECK DESIGN STRATEGIES

- To give your deck a Craftsmanlike flavor and help it blend in, pick a design detail or motif from your house and repeat it as shapes in the deck platform or the railing design.
- Plan ahead on lighting; find ways to integrate it into the railing and the house exterior.
- Choose materials and finishes that blend with the natural setting. If your house is painted, finish part of the deck to match (such as the spindles or posts in the railing), then leave the rest natural.
- Avoid fussy, delicate detailing; simple, sturdy elements look more at home in the great outdoors and require less maintenance.
- Give your deck a settled-in look by preserving nearby trees and shrubs (keep in mind that their root areas are roughly the same diameter as the their foliage). Use root-friendly options for footings, framing, decking, finishes, and mulches.
- Add natural transitions between deck and landscape: rock gardens, terracing, broad steps. For particularly sharp drop-offs, consider a multilevel deck design that stairsteps down to grade.
- For easy maintenance and natural-grain finishes, use transparent or solid stains rather than paint. (Stains are now available in a wide range of colors, including whites, creams, and light grays.)

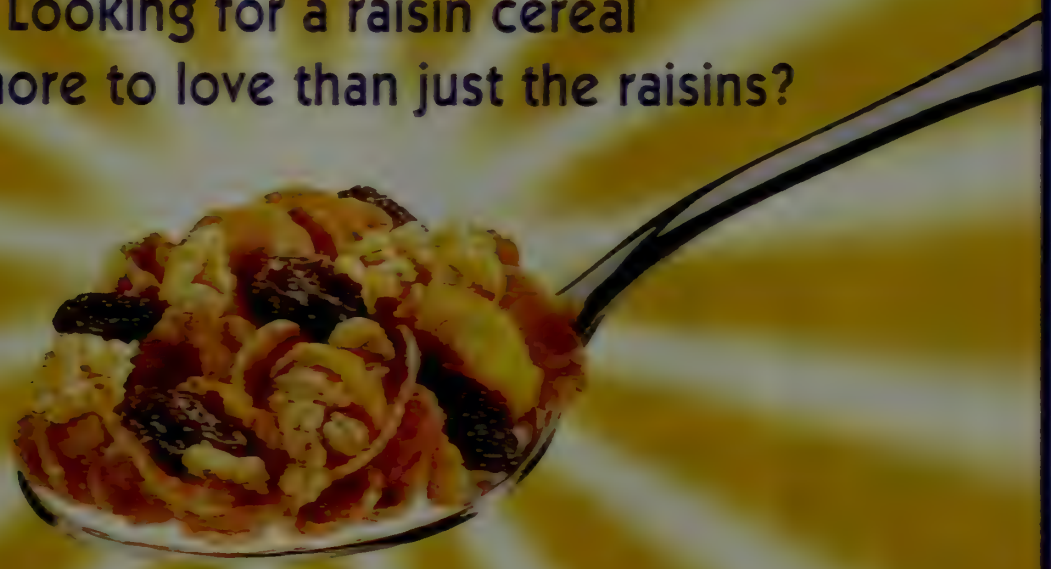
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GARDEN

An autumn cutting garden





PHOTOGRAPH: STEVE CRIDLAND. GARDEN DESIGN: LINDA TERHARK. FIELD EDITOR: CATHY HOWARD

Flower beds filled with autumn bloomers will attract migrating wildlife such as birds and butterflies when you provide water and food (top photo). Rosy yarrow, gaillardia, coreopsis, larkspur, and snapdragons, *above*, bloom well into fall, providing fresh stems for indoor bouquets until first frost.

Nothing is as romantic as a border overflowing with blooms suitable for plucking and plunking into vases. Designing such a garden is easy. Simply choose your favorite colors and then find flowers to match.

For yellows, try coreopsis, sunflowers, or rudbeckia. Physostegia, boltonia, achillea, and zinnia bloom in pink, and scabiosa, veronica, and larkspur will sprinkle blues into your nosegays. These beauties begin flowering in midsummer and continue until frost, provided you remove spent flowers.

Many cut flowers attract birds and butterflies. Improve the odds of luring wildlife to your garden by adding a water source and shelter, such as shrubs or trees.

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CONTRAINDICATIONS: CLARITIN Tablets are contraindicated in patients who are hypersensitive to this medi any of its ingredients.

PRECAUTIONS: General: Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) should lower initial dose (10 mg every other day) because they have reduced clearance of CLARITIN Tablets.

Drug Interactions: Loratadine (10 mg once daily) has been safely coadministered with therapeut erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies. Although increased p centrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadmir loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically releva in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0 erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxy
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month oncogenicity study in mice a study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In t genicity studies, pharmacokinetic assessments were carried out to determine animal exposure to the drug demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (active times higher than a human given 10 mg/day. Exposure of rats given 25 mg/kg of loratadine was 28 (loratad (active metabolite) times higher than a human given 10 mg/day. Male mice given 40 mg/kg had a significantly dence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males give and males and females given 25 mg/kg. The clinical significance of these findings during long-term use o Tablets is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (Ames) or forward poi (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the M Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in the n but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction in the mouse at 40 mg/kg 25 mg/kg, but not at lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at approximately 64 mg/ reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in the of approximately 24 mg/kg.

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats and ra doses up to 96 mg/kg (75 times and 150 times, respectively, the recommended daily human dose on a mg There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction not always predictive of human response, CLARITIN Tablets should be used during pregnancy only if clearly ne

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast milk concentrations that are equivalent to plasma levels with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for the active metabolite, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and met excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decision should be made whe continue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Cau be exercised when CLARITIN Tablets are administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been established.

ADVERSE REACTIONS: Approximately 90,000 patients received CLARITIN Tablets 10 mg once daily in co uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a day 2 weeks' to 6 months' duration. The rate of premature withdrawal from these trials was approximately 2% treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTROLLE ALLERGIC RHINITIS CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n=1926	PLACEBO n=2545	CLEMASTINE 1 mg BID n=536	TERF 60 n
Headache	12	11	8	
Somnolence	8	5	22	
Fatigue	4	3	10	
Dry Mouth	3	2	4	

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the number o subjects was relatively small.

In addition to those adverse events reported above, the following adverse events have been reported in 2 patients.

Autonomic Nervous System: Altered lacrimation, altered salivation, flushing, hypoesthesia, impotenc sweating, thirst.

Body As A Whole: Angioneurotic edema, asthenia, back pain, blurred vision, chest pain, conjunctivitis, e pain, fever, leg cramps, malaise, rigors, tinnitus, upper respiratory infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, syncope, tachycardia.

Central and Peripheral Nervous System: Blepharospasm, dizziness, dysphonia, hyperkinesia, migraine, tremor, vertigo.

Gastrointestinal System: Abdominal distress, altered taste, anorexia, constipation, diarrhea, dyspepsia gastritis, increased appetite, nausea, stomatitis, toothache, vomiting.

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depression, impaired concentration nervousness, paronina.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemoptysis, laryngitis, na tion, nasal dryness, pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, pruritus, purpura, rash, urt

Urinary System: Altered micturition, urinary discoloration.

In addition, the following spontaneous adverse events have been reported rarely during the marketing o abnormal hepatic function, including jaundice, hepatitis, and hepatic necrosis; alopecia, anaphylaxis; breast e erythema multiforme; peripheral edema; seizures; and supraventricular tachyarrhythmias

OVERDOSAGE: Somnolence, tachycardia, and headache have been reported with overdoses greater than 1 180 mg). In the event of overdosage, general symptomatic and supportive measures should be instituted p maintained for as long as necessary.

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except in patients with in sciousness, followed by the administration of activated charcoal to absorb any remaining drug. If vomiting is ful, or contraindicated, gastric lavage should be performed with normal saline. Saline cathartics may also be rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis. It is not known if loratadine by peritoneal dialysis.

Oral LD_{50} values for loratadine were greater than 5000 mg/kg in rats and mice. Doses as high as 10 times mended clinical doses showed no effects in rats, mice, and monkeys.

Schering Corporation
Kenilworth, NJ 07033 USA

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ASK YOUR DOCTOR FOR A TRIAL OF ONCE-A-DAY, 24-HOUR CLARITIN.

"I use CLARITIN because it's effective in relieving my itchy, watery eyes; runny nose; and sneezing."

"I asked my doctor for a prescription of CLARITIN.
I tried a number of over-the-counter antihistamines, but they all made *me* drowsy."

ear relief without drowsiness. In studies, the ncidence of drowsiness was similar to placebo (sugar ill) at the recommended dose. Drowsiness may occur f you take more than the recommended dose.

ear relief for 24 hours. One dose per day provides ffective relief from seasonal nasal allergy symptoms.

ear relief with a low occurrence of side effects. ide effects occurred about as often as they did with lacebo (sugar pill). Most common were headache, ccurring with 12% of people; drowsiness, 8%; atigue, 4%; and dry mouth, 3%.

londrowsy antihistamines, such as CLARITIN®, are vailable by prescription only.

all 1-800-CLARITIN (1-800-252-7484) for a $5.00 oupon and important free information about seasonal asal allergy relief.

Notify your doctor of other medication(s) you are currently taking.
Consult your doctor for important information concerning this product.

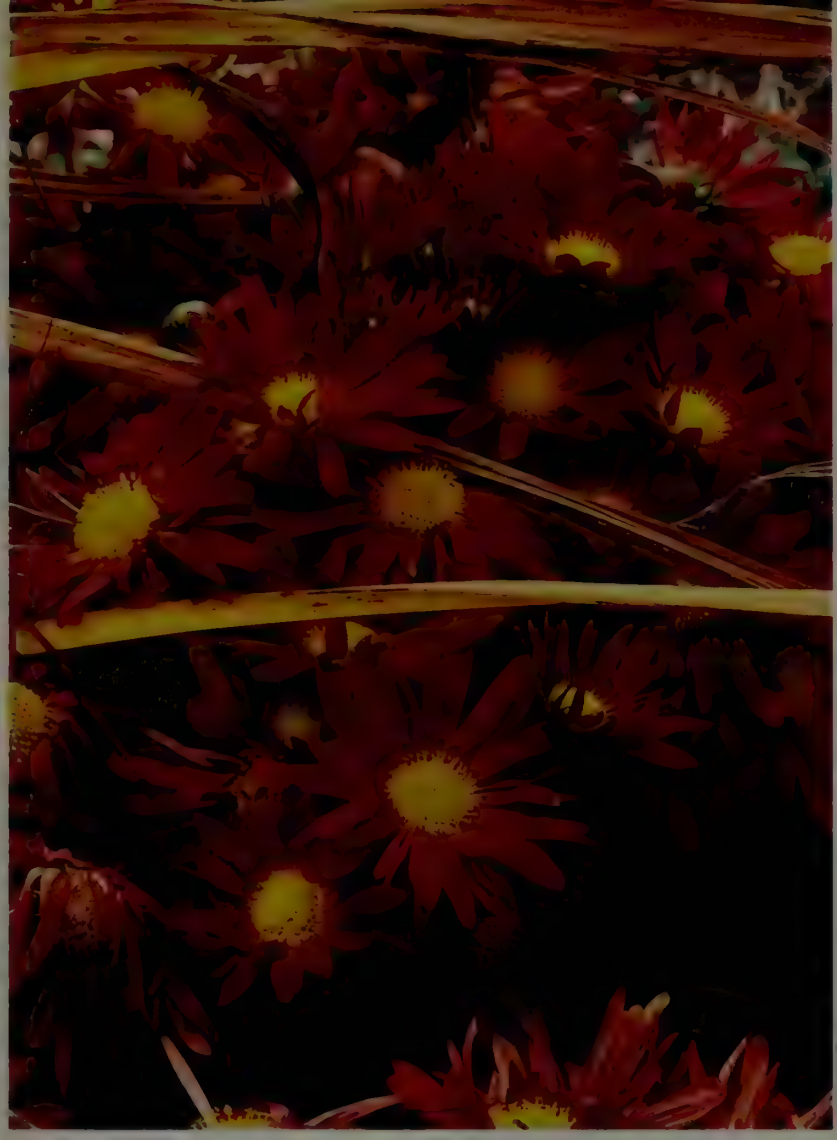
Once-a-day
Claritin®
(loratadine)
Clear Relief

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SURGEON GENERAL'S WARNING: Cigarette Smoke Contains Carbon Monoxide.
She's gone to Capri and she's not coming back
Capri
Superslims
CAPRI



JUDY WHITE

GARDEN MUMS BLOOM in such bold bursts of color that most gardeners only use them en masse for impact. But mums come in a rainbow of sophisticated shades that blend beautifully with other flowers. This mum's yellow centers match the lemony blossoms and golden fall foliage of a Hyperion daylily. For a softer combination, try a pink mum with blue *Salvia patens* and hardy *Artemisia absinthium*.

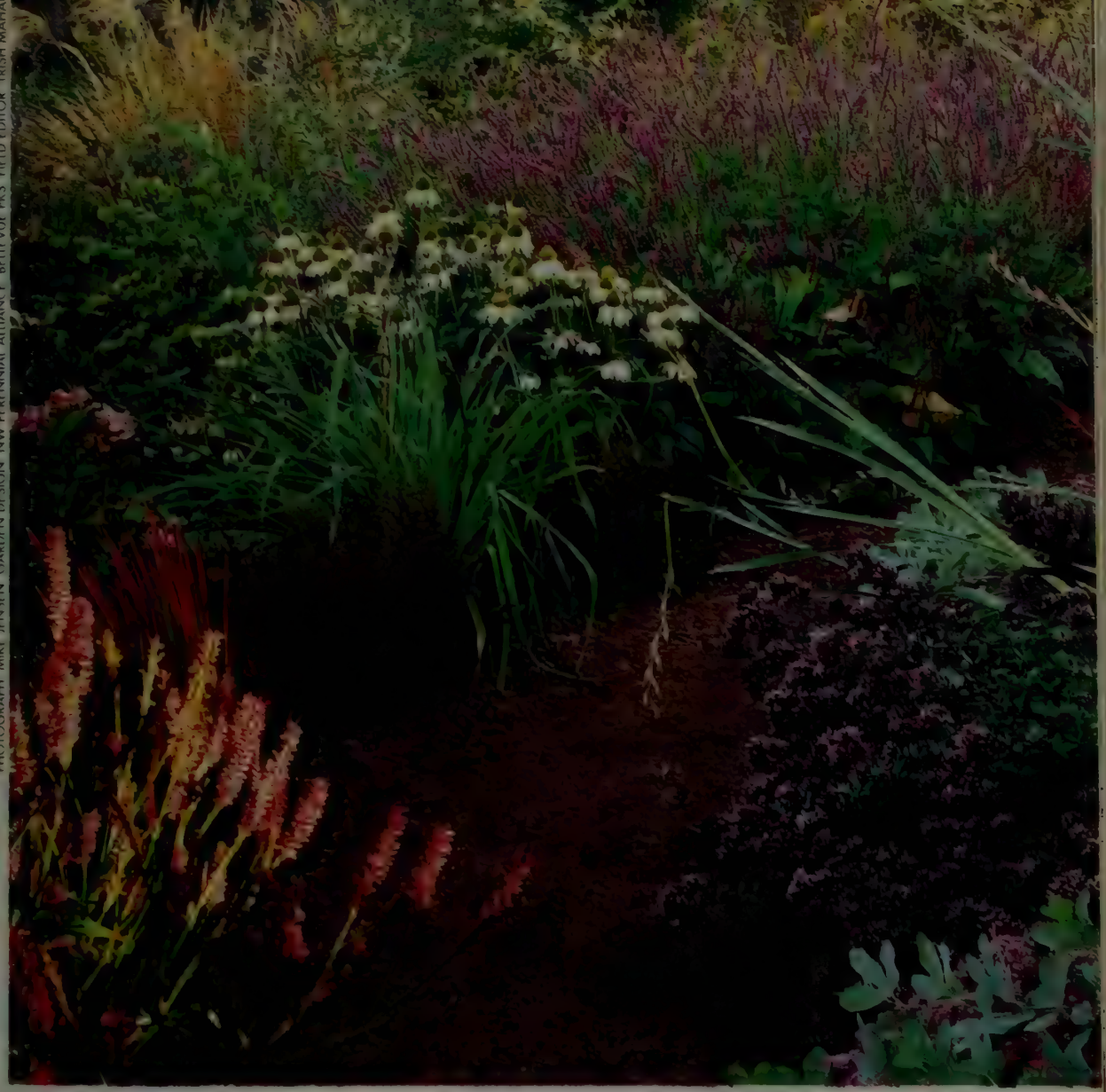
planting for *fall* color

Want the colorful splendor of your summer garden to linger until Jack Frost's first visit? You can set your autumn yard ablaze with more than the red- and yellow-splashed palette of falling leaves. Try some of our favorite late-season bloomers, and you'll be treating yourself to a kaleidoscope of color that will make you eager for fall's shortened days.

by Julie A. Martens



100



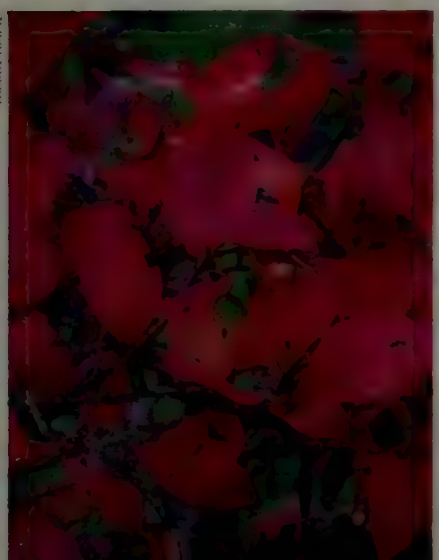
PHOTOGRAPH MIKE JENSEN GARDEN DESIGN NW PERENNIAL ALLIANCE BELLEVUE PKS FIELD EDITOR TRISH MAHAR

FALL WILL UNFOLD in a pastel masterpiece when you plan a garden filled with pink spikes of Firetail polygonum, White Swan echinacea, brown astilbe plumes, and purplish caryopteris. To craft a monochromatic landscape that is as gorgeous as the pink one we've shown, punctuate the bed with spots of white, such as veronicastrum or lysimachia.

f·ll color

BLUEBERRY BUSHES SET THE LANDSCAPE AFIRE with vibrant crimson leaves. Pair blueberries with white aster-like boltonia for a peppermint-stick planting. For best yields, blueberries need acidic soil. Add composted oak leaves or peat moss to increase soil acidity. For a scarlet fall shrub that thrives in any soil, choose Brilliantissima chokeberry.

MARK KANE



AS THE LAST BLOOMS ON FOXGLOVE AND HOLLYHOCK SPIRES DANCE away on late summer winds, luxuriate in continuing spikes of color with physostegia. Its white, orchid-pink, or rose-tinted flowers open from July to September on 2- to 3-foot-tall plants that come back in even the coldest climates. Physostegia can become invasive in the established garden, so site it with care.



PHOTOGRAPH (LEFT) MARK KANE. (OPPOSITE) DAVID CAVAGNARO

f ll co or



DAVID CAVAGNARO

TURN A LEAF-COVERED GLADE into a magic carpet with colchicum, or autumn crocus. Vase-shaped flowers emerge from bulbs in the fall, with the ungainly leaves not popping up until the following spring. Blooms come in an assortment of shades, from rose to white to the lavender, cold-hardy Waterlily shown above. Plant colchicum along a shrub row or around a tree.



JUDY WHITE

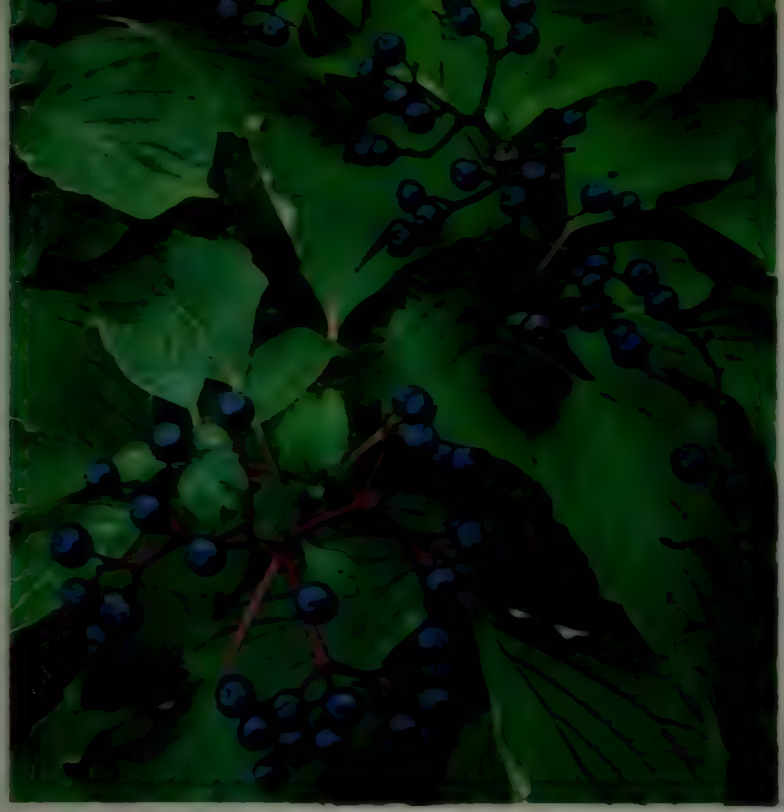
KEEP YOUR GARDEN SUNNY and bright until frost with helichrysum or strawflower. This sun-loving annual opens in a riot of colors—gold, maroon, pink, and white. The papery flowers dry easily for long-lasting color. Simply cut blooms before pollen shows, slide florist's wire through the hollow stems into the flower, and place upright to dry.



ANNUAL SUNFLOWERS CAPTURE THE GLORIOUS HUES of football-perfect fall afternoons in blossoms ranging from saucer to dinner plate size. Beyond traditional sunny-yellow blooms, you can choose double-petaled, silver-leafed, or bicolor flowers on stems from 2 to 10 feet. For sunflowers daubed in swirls of burnished gold, wine, or mahogany, look for the variety Evening Sun.



FOLIAGE ISN'T THE ONLY STAR in autumn's tapestry of color. On *Viburnum Opulus Compactum*, gleaming red fruits dangle among leaves that shift to brilliant reds in full ardyes. The berries [illegible] on winter perches. [illegible] add [illegible] to [illegible] bouquets. White blooms blanket [illegible] branches [illegible] Big on color, [illegible] small in stature, [illegible] only 5 feet at maturity.

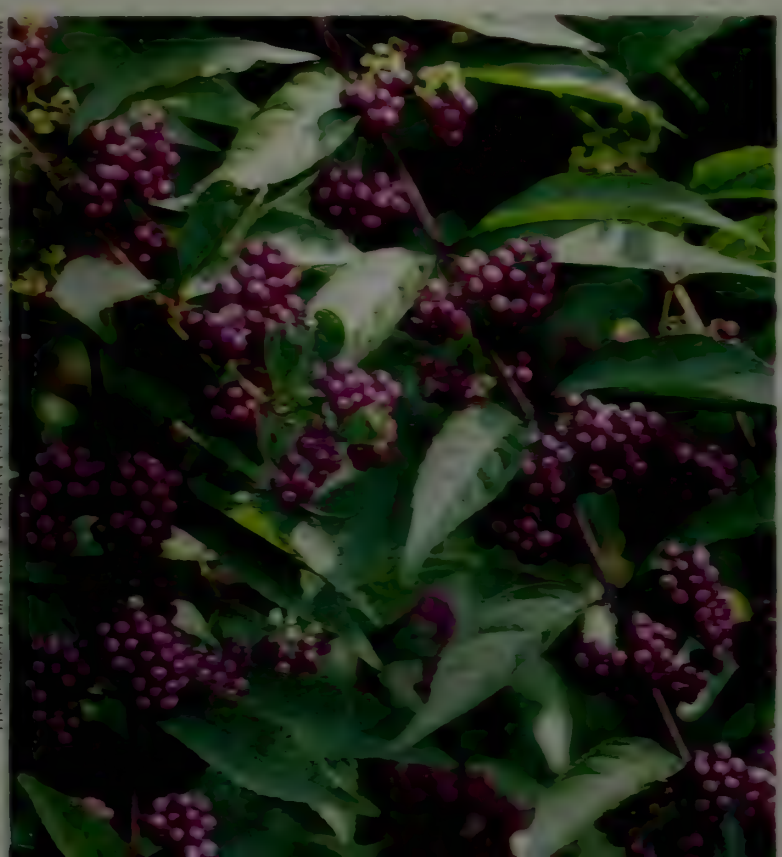


MARK KANE

Celebrate summer's end with the blue-black berries of pagoda dogwood, *Cornus alternifolia*. This 20-foot tree is a favorite among birds, which will add fitting color to your yard's fall panorama. The leaves of pagoda dogwood greet frosty days with fiery red. Plant *Cornus alba Sibirica* for similar fall foliage on a 10-foot shrub with blue and white berry-bedecked branches.

fall color

Add an irresistibly festive berry, purple-fruited beautyberry, to a shrub or perennial border. It's easy to grow and survives cold blasts to 20° below zero. Pink flowers in late summer give way to purple or white berries tucked among yellow fall foliage. The fruits spread good cheer all winter in the garden or in a vase in the house. For best fruiting, plant several bushes together.



PHOTOGRAPH BY STEVE GARDNER, COURTESY HILLTOP NURSERY



ASTERS PROMISE A SUREFIRE VISUAL FEAST in any garden. Simply give them a sunny spot and plenty of water, and get set for a banquet of bloom in lavender, white, pastel pink, bold purple, or fuchsia, such as September Ruby, *left*. You can find asters that open as early as July and that bow out of the garden as late as November.

more plants for fall color

Use our list of autumn showstoppers, *below*, to cast a colorful spell in your garden. With plants in shades you love, you might find that fall is your favorite garden season. Check with local nurseries to learn hardiness in your area.

plant name	description	where to grow for best effect
Achillea (yarrow)	perennial; gold, pink, white flowers	needs full sun; plant in drifts for meadow effect; dries well
Ceratostigma	blue-flowered perennial; red leaves in fall	use as ground cover; perfect planted over bulbs
Helenium	perennial; daisy-like; rich tones	place toward back of border; pair with Autumn Joy sedum
Goodness Grows veronica	deep blue blooms May to October	pair with pink dianthus and coreopsis for season-long color
Cimicifuga simplex	3-foot perennial; white bottlebrush plumes	sun/part shade; green fruits follow blooms in October
Spodiopogon sibericus	spike grass; bamboo-like; burgundy in fall	hits 3 feet in sun or part shade; pair with asters, artemisia
Celastrus (bittersweet)	deciduous vine; orange-red berries in fall	full sun for most berries; need male, female plants for fruit
Serviceberry	deciduous shrub to 25-foot tree; red leaves fall	sun for best fall color; white flowers spring; red berries fall

SURPRISES AWAIT IN THE AUTUMN GARDEN when summer's garlands of annuals continue to bloom through September's first chilly nights. Asters provide a lovely foil for many season-long, colorful annuals, such as [illegible], *right*, [illegible] nium, gom[illegible] and snapdra[illegible]



PHOTOGRAPHS (THIS PAGE): DAVID CAVAGNARO

Buying inform[illegible]
see page 211



The quiet appeal and simple elegance of country living translate to any lifestyle with the function and versatility of the Candlewood collection. For the living room, Broyhill offers the Sofa, $799-899,* paired with the perfect standout companion piece, the classic, checked Settee, $699-799, with its distinctively turned legs. Also featured: Round Lamp Table, $240, Display Cocktail Table, $575, Dropleaf End Table, $315, and Plant Stand, $225. **Upholstered pieces available in other fabrics. Sleeper and Loveseat available. Prices vary with fabric and style.*

Candlewood™



Follow your heart with the cottage styling of Candlewood by Broyhill. Each p crafted from select pine solids and pine veneers. Finely carved fretwork atop framed moldings, simple wood pulls, and beautifully turned ball and reel legs make Candle fitting addition for a range of styles and tastes. Choose from fine finishes in hues of Honey, rich Buttermilk, or a striking combination of the two.

ABOVE: The Two-Tone Open China, $1440, with its fretwork, framed moldings, and display rack, is a stunning tribute to your favorite china. Sturdy yet gracefully turned legs and Two-Tone f make the Farm Table, $775, a perfect center of home entertaining. And with the two apron leaves i the table easily seats eight. Splatback Arm Chairs, $240 each, and Splatback Side Chairs, $190 each, are gently curved for Even more versatility is available with the flip-t[op] Server, $690, with laminate surface, drawer, and two doors concealing

INSET LEFT: Entertainment Armoire, $1450, f[eatures] pocket doors, two VCR shelves, space for a 31" TV, and adjusta shelves below. Shown with tufted-back Chair, $54[0]*

**Upholstered pieces available in other fabrics. Ottoman also available. Prices [vary] by fabric.*

Broyhi

ABOVE: The Candlewood bedroom, shown in Honey finish, centers around the Poster
ed, $640,* with its gracefully arched head- and footboard. The Night Stand, $290, and Six-drawer
hest, $700, offer options for organizing and storing clothes. *RIGHT:* Triple Dresser, $715, with
nvenient center drawers and two large drawers at bottom, complemented by
naped Landscape Mirror, $265. **Queen-size bed shown. King and Full-size available in Honey finish.*
g, Queen, Full, and Twin sizes available in Buttermilk finish. Rails not included.



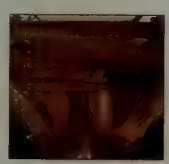
ABOVE: An open fretwork panel graces the ever popular Sleigh Bed, $715,*
Buttermilk finish, complementing the Double Dresser, $600, in Two-Tone finish
ith matching Fretwork Vertical Mirror, $220. The striking and functional
ngerie Chest, $725, shown in Two-Tone finish, has a velvet-lined jewelry tray
neath the lift top for convenience and security.
vin-size. Also available in Queen-size in Honey finish. Wooden rails included.



THE BROYHILL DIFFERENCE™



Double-cone coils deliver additional spring action for upholstered furniture pieces and are part of the reason why Broyhill furniture has its reputation for durability.



Chair bottoms are constructed with four corner blocks and are then securely fastened with both glue and wood screws to guarantee structural durability.



Dressers and chests employ mortise and tenon joints on cross support rails between drawers to help create structural strength and sturdiness.

The living is easy with the Reclining Sofa, $899-999.* It fully reclines on either end for the ultimate in relaxation. The Rocker Recliner Loveseat, $899-999,* and coordinating Wallsaver Recliner, $599-649,* with trim lines and space-saving comfort. Three-drawer Chairside Chest, $325. Cocktail Table, $315. Sit back and enjoy the Home Theater (shown here in Honey and below in Buttermilk finish), which holds a 35" TV and surround sound speakers, with ample space for audio and video storage, and pocket doors which recess for TV viewing. Specially designed compartment allows up to four VCRs/game units above TV. Home Theater Left and Right Audio Units, $750 each. Center Entertainment Unit, $1500.

Upholstered pieces available in other fabrics. Prices vary with fabric.





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Call Broyhill Consumer Assistance Center 8:30 a.m. - 5:00 p.m. EST: • For additional information • To receive a complimentary *Get Smart Decorating Basics* Brochure • To receive a complete Smart Buys Literature Collection for only $10—MasterCard and VISA accepted. Or send check or money order for $10 to: **Broyhill Furniture Industries, Inc.** Consumer Assistance Center, One Broyhill Park, Lenoir, NC 28633

Manufacturer's suggested "Smart Buys" prices effective through November 30, 1995. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be specially ordered.

Smart Buys™ from Broyhill

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Thousand Oaks	Reeds & Son Furniture
Turlock	Woods Furniture
Vacaville	Shocks Furniture
Walnut	Easts [illegible]
Weed	[illegible]teriors

IDAHO

Boise	[illegible]things
Caldwell	[illegible]
Idaho Falls	[illegible]
Lewiston	[illegible]
Pocatello	[illegible]
Twin Falls	[illegible]

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by Priscilla Hillman











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ably costumed — complete with appropriate ps," and accompanied by a Certificate of otion, — each teddy is delightfully unique. apture all of their heartwarming appeal, each resin figurine has been crafted with the utmost care and precision, and skillfully painted by hand in soft pastel colors. As a subscriber of the *Monthly Friends to Cherish* Figurine Collection, you will receive one figurine every month, twelve cuddly teddies in all. You will also receive (at no additional charge) a wooden display for your collection.

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gardener's almanac

SEPTEMBER 1995

Floating flowers

Twining, climbing vines make the most of garden space, filling vertical areas with the romance of lush blooms. Fall is the perfect time to add perennial clematis vines to your garden. You can choose from a painter's palette of blossom colors, including this lavender-



flowered clematis, Social Climber, which blossoms in spring. For a season-long flower show on a winter-hardy plant, try pink Hagley Hybrid, burgundy Ville de Lyon, white Candida, or purple Jackmanii Superba. For best blooms, remember to place clematis in an area where you can provide shade to the roots using a ground cover, annuals, or perennials.

—by Mark Kane and Julie A. Martens



Benches for fall. Enjoy your favorite summertime hideaway well into fa by decorating the landscape with perennials that flourish in September's chill nights. Autumn Joy sedum brightens these benches with pink flowers that fad to salmon and then to bronze. Blue asters or cinnamon fern fronds, which tur gold in autumn, would daub even more hues into this garden retreat. For mor ideas on how to weave an autumn-long color fest in your garden, see *page 9*

TEST GARDEN TIP

Buyer beware. End-of-the-season markdowns on shrubs aren't such a deal when the plant you buy, such as this azalea, is root bound, says Phyllis Cole, our Massachusetts Test Gardener. Before purchasing shrubs or perennials, remove the pot to check out the root system. If you do buy a root-bound plant, cut away sections of the roots around the outside edge of the root ball. This stimulates the plant to initiate new roots when placed in the ground.



continued on page 11

GOLD MEDAL WINNER

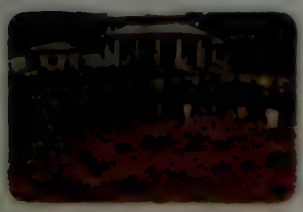


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Friskies Fancy Feast
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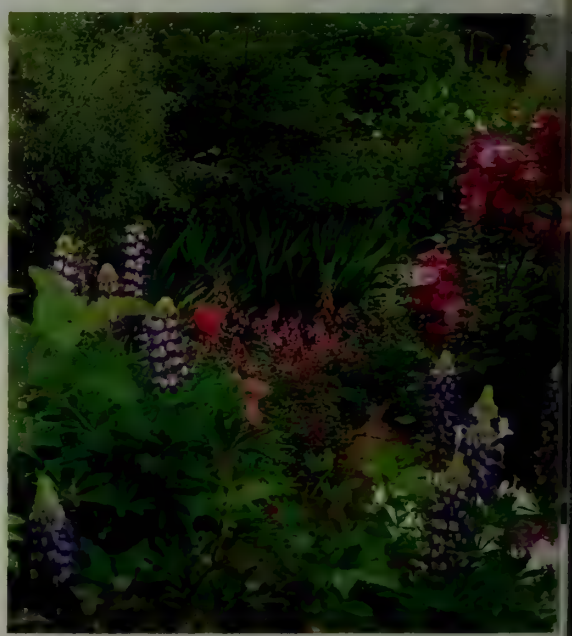
continued from page 114



Pathway to paradise

When choosing plants to line a garden path, focus on the five senses to create a paradise with more than eye-pleasing features. Lavender and low-growing woolly thyme add scents-appeal to this path. Snips of sage spice up not only the garden but also hearty fall meals. Songbirds foraging for food and shelter recognize the seed heads of blue oat grass and the berried branches of Rose Glow barberry as a welcome mat. This sense-tingling garden design holds its own through the winter months too, punctuating a bare, snowy landscape with color, movement, and form.

Buying guide page 211



Think spring. End the gardening season with a look ahead to spring and the lovely vista you'd like to work into your existing garden. Perennials are often on sale in fall, so even a penny-pinching gardener can afford to indulge. Planting perennials in autumn gives them a head start on the next growing season as their root systems get firmly established. This pink and purple posy patch, *above*, couples perennial Oriental poppies (left) and annual diascia (rear) in a rosy waltz. Lupine spikes poke purple fingers through the carpet of green foliage.





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CELEBRATE THE MOMENT

by Sandra S. Soria





Its storybook charm was hidden by layers of paint and ivy when the James family adopted this house and gave it a happy ending. Though they had dirty work to do—such as replace windows and update mechanicals—they made the little house shine without glossing over its vintage style.

Cinderella story

Witness a magical style transformation

It would've been easy to drive past this ragtag cottage, its true character disguised by a rumpled cloak of overgrown foliage and peeling paint. But the James family—Tricia, Brad, and son Michael—saw a spark there. So even without the hope of a fairy godmother's help, they took a chance on the waiflike place and, with lots of cleanup and clever design ideas, made it a perfect fit for their casual lifestyle.



continued on page 120

cinderella story

The humble house was just waiting to be discovered. "You had to have vision," says Brad James, "but we liked its obvious integrity." He and his wife Tricia drew out the 75-year-old Tudor's charm with cosmetics rather than wall-tumbling major surgery. For one, they softened the home's complexion. Where glossy emerald paint once outlined panes as harshly as thick eyeliner, now white trim and blinds clean up the windows and bring in the view. Pale yellow wall paint sets off the molding with a kiss of contrast, while the fireplace gets a subtle makeover with the shadowy blue-gray paint used on the exterior.



Brad and Tricia gave the house even more grace with architectural touch-ups. They built instant character in the living room







Tricia creates a cozy room from plump seating and collections rather than lots of pattern. "I can't commit to a patterned sofa," she says. "Off-white lets me change the fun stuff—rugs and pillows—so I don't have to love the same look forever." The centerpiece floral pillow set the color palette and tone for the room. "It was a good place to start," she says.



In the kitchen, dining room, and throughout the house, a tidy mix of creamy white hues, golden wood and wicker, and earthy accents create a peaceful, easy feeling. "I like a style that's clean but not sterile," says Tricia, who sells sleek commercial furnishings.





BEFORE

with a bookcase wall. It's finished with the expressive curve of an eyebrow archway. This detail was copied from the original dining room passway, *left*, and, like the creamy yellow paint, is used often (even on the exterior dormer) for eye-satisfying continuity.

Cinderella would have truly appreciated the changes in the scullerylike kitchen. Wanting a bright and peaceful place to share in their love of casual cooking, Brad and Tricia made a clean sweep of the kitchen, blotting out jarring green with woods and warm whites. A charcoal laminate countertop defines and sets off the new, white-painted cupboards. Though they kept the layout virtually the same, the couple bent the

counter into an L-shape to efficiently house the stove and create a breakfast bar.

Brad and Tricia went to even greater heights upstairs, blasting through the ceiling of the primary bathroom. A room that once could only be described as "gross," says Tricia, now delights with an airy, tepee-like feeling. Exaggerated ceiling molding not only adds architectural interest, it hides wiring. A touch of glass in a light-drawing skylight and leaded shower screen washes out all vestiges of the bathroom's former dankness.

Across the hall, an equally petite bedroom gains stature with a scrubbed pine four-poster. Tricia proves the bigger the better here: scaled-up furniture can actually make a small room appear cozier and more character-filled than will a spattering of pint-size pieces.

The main bath had no place to go but up to the roofline. New wainscoting, gray slate, and leaded glass add charm and ward off the chill of a too-modern scheme. English pine furniture does the same for the master bedroom; its honey hues and curvy shapes add an architectural feeling.



BEFORE

cinderella story

Tricia's flair for creating coziness is apparent in every room, where collections gather closely to tell about the family's life and loves. Perpendicular to the front door, a sofa table and gallery of family photos stand ready to greet guests warmly. When the center mirror seemed lonely on a large dining room wall, Tricia scouted antiques stores to give it a circle of friends. Nearby, the subtleness of a favorite oil painting isn't outdone by naturally neutral accents and a well-worn shawl.







Buying information page 211


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crowd

by Rebecca Jerdee

pleasers

Crafts to make and share for good causes: that's what this joining of hands, hearts, and ideas is all about. To help you organize a selection for a favorite charity—or even for gifts to give to your friends and family—we've gathered the kinds of crafts easily made in multiples. Just pull together old sweaters, scrap yarns, garden bounty, and hands-on talent.



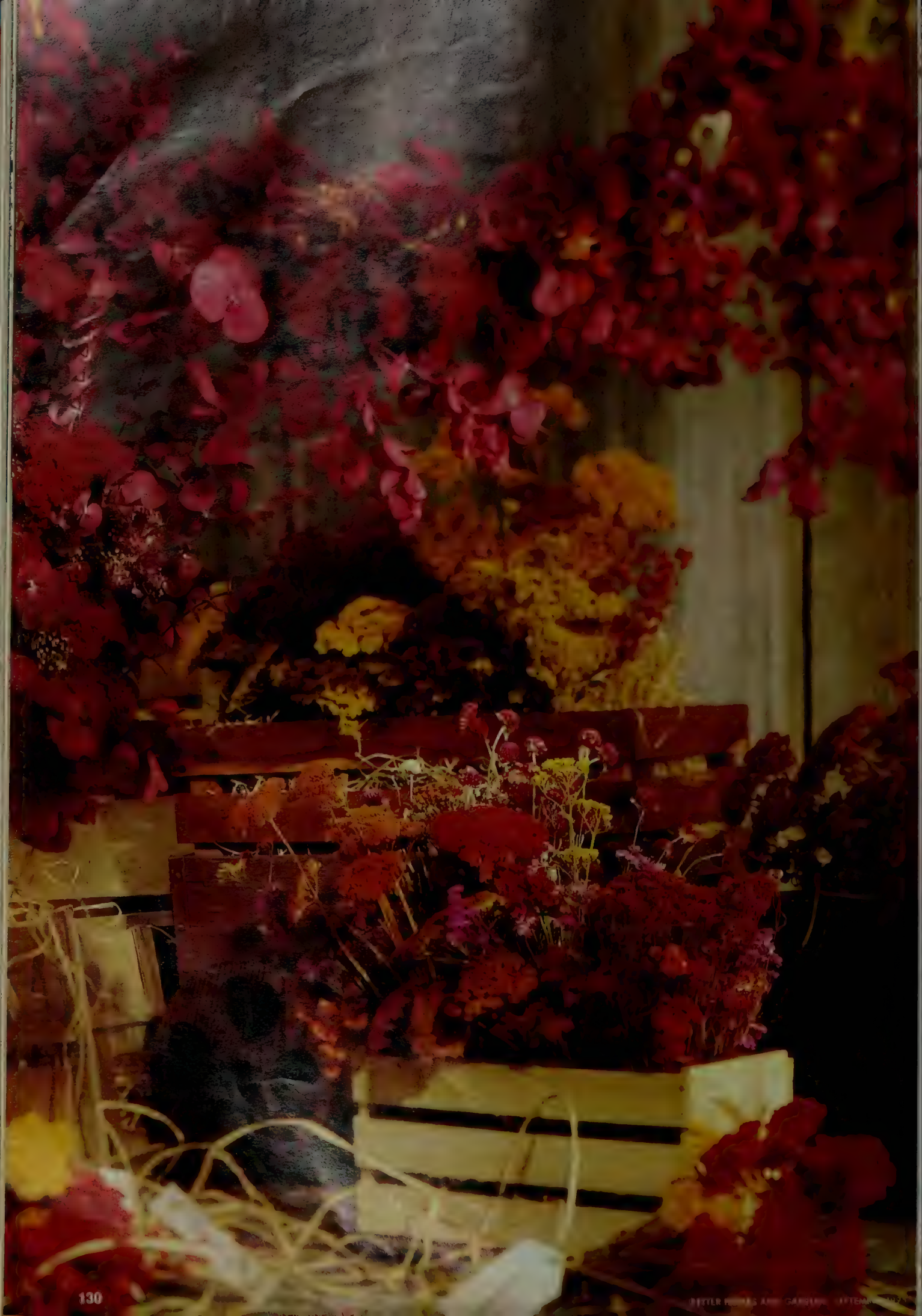
PHOTOGRAPHS KING AU TEXT LAURA HOLTORF COLLINS DESIGNS NANCY HEARNE

Crocheted Flowers

When crocheters pool their brightest scrap-bag yarns, watch these flowers burst into color on all sorts of things. *Page 135*

Sweater Pillows

No need to knit 1, purl 2. Recycle old sweaters instead. For fast results, let some crafters sew while others make trims. *Page 135*



crowd pleasers

Painted Flowers
You and your group can grow or buy everlastings, such as yarrow, statice, and strawflowers, then mix your favorites for small bouquets and garlands, *left*. To preserve fresh flowers, bind stems of matching blossoms with rubber bands; hang upside down to dry. For a boost of color, lightly spray the blooms with latex paint. Bundle the dry flowers into bouquets secured with wire and raffia or ribbon bows. Instructions for garland, *left*, on *page 136*.

DESIGN HELEN CARSTENS



Sunflower Wreaths Organize a friendly production line and roll out rows of happy sunflower wreaths. The centers are seed-filled sunflower heads (available for purchase at farmer's markets). To prepare one, carefully cut a 1½-inch circle in the center using a razor blade. For a base, cut cardboard into a 6½-inch circle, with a 1½-inch hole in the center. Assemble the components, gluing bay leaves around the outer edge of the base, adding a sunflower center and strawflowers last.



crowd pleasers



DESIGNS: BARBARA VASKE

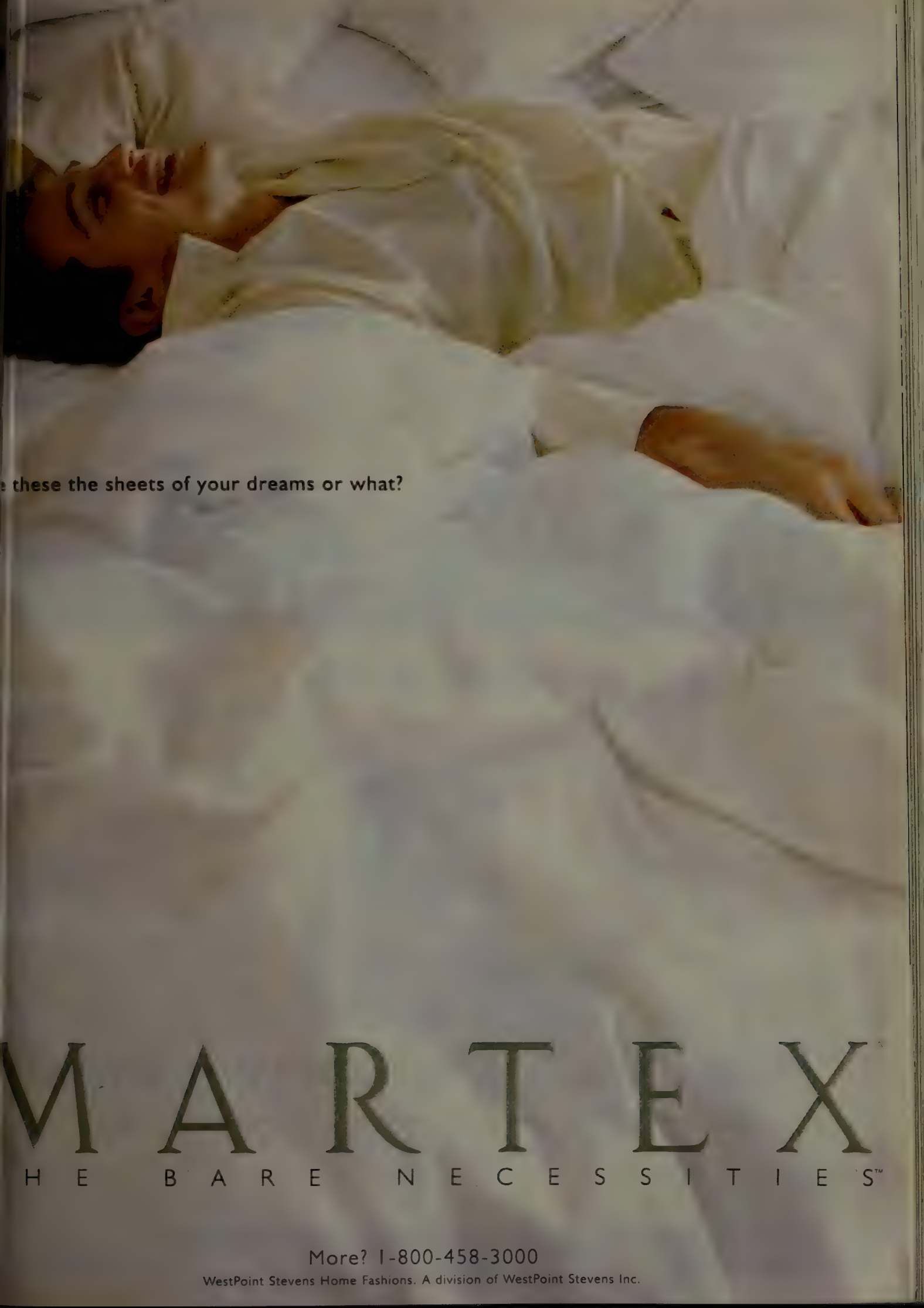
Garland Candle Pots

If you need inventory in a hurry, there's no topping these little pots of light. Start by gluing one end of a star garland inside a terra-cotta pot. Cover drainage hole with foil and fill pot with sand. Add a bow, insert the candle, and wrap with garland.

Flower Candle Pots

These pots are assembled like the garland pots *above*, but what a difference a simple switch of trims makes. To fashion one, adhere a band of ribbon around the top of your terra-cotta pot and add a matching bow. Then push everlasting flowers and leaves into the sand (we used dried Billy Buttons and stems of silk ivy).




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Crowd Pleasers

continued from page 132



CROCHETED FLOWERS

pages 128 and 129

Materials: Scraps of worsted-weight yarn; size G crochet hook.

Instructions:

Red flower—Rnd 1: With white, ch 3. Work 7 sc in third ch from hook, join; fasten off.

Rnd 2: Working in front lps throughout rnd, attach red, ch 3, 3 dc in same lp, drop hook from work and insert hook in top ch of ch-3 from front of work, yo, draw dropped lp through, ch 1; **ch 3, sl st in third ch from hook—picot (p) made,** * ch 1, **in next sc work 4 dc, drop hook from work and insert hook into first dc from front of work, yo, draw dropped lp through—cluster made,** ch 1, p, rep from * around, join; fasten off.

Rnd 3: Working in back lps of Rnd 1, attach green, work 2 sc in each st around, join.

Rnd 4: Working in front lps throughout rnd, in first sc work ch 3, (hdc, ch 2) twice, sc; sc in next sc, * sc, (ch 2, hdc) twice, ch 2, sc; sc in next sc, rep from * around, join; fasten off.

Aqua and gold flower—Rnd 1: With aqua, ch 3. Work 7 sc in third ch from hook, join.

Rnd 2: Working in front lps throughout rnd, * **(yo, insert hook and draw up lp) 3 times, yo and draw through all lps on hook, ch 1—puff st made,** ch 1, rep from * around, join; fasten off.

Rnd 3: Join yellow yarn to top of puff st, ch 3, sl st in same sp; work sl st, ch 3, sl st in each ch sp and in top of each puff st around, join; fasten off.

Rnd 4: Working in back lps of Rnd 1, attach green with a sl st, ch 1. Work 2 sc in each st around, join.

Rnd 5: Working in front lps throughout rnd, ch 4, trc, **ch 3, sl st in third ch from hook—picot (p) made;** 2 trc in same sc, * dc in next sc, hdc in next sc, dc in next sc, in next sc work 2 trc, p, 2 trc; rep from * around, join; fasten off.

Aqua flower—Rnd 1: With aqua, ch 3. Work 7 sc in third ch from hook, join.

Rnd 2: Working in front lps throughout rnd, ch 5, * sl st in same sc, sl st in next sc, ch 5, rep from * around, join; fasten off.

Rnd 3: Working in back lp of Rnd 1, attach green, ch 1, work 2 sc in each st around, join.

Rnd 4: Working in front lp throughout rnd, ch 2, * hdc in same sc, ch 5, 2 sc in next sc, sl st in next 2 sc, ch 2, rep from * around, join; fasten off.

Gold flower—Rnd 1: With orange, ch 3. Work 7 sc in third ch from hook. Sl st in starting sc; fasten off.

Rnd 2: Working in the front lps throughout rnd, attach gold. Work sc, * ch 5, sc in next sc, rep from * around, join.

Rnd 3: * In ch-5 sp, work sl st in first ch, ch 1, sc, ch 3, sc, ch 1, sl st in last ch of ch-5 sp, rep from * around, join; fasten off.

Rnd 4: Working in back lp of Rnd 1, join teal. Ch 1, 2 sc in each st around, join.

Rnd 5: Working in front lps throughout rnd, * work ch 4, 3 trc, ch 4, sl st in first sc; sc in next 2 sc, sl st in next sc, rep from * around, join; fasten off.

Orange flower—Rnd 1: With gold, ch 3. Work 7 sc in third ch from hook, join.

Rnd 2: Working in front lps throughout rnd, ch 3, in same sc work 4 dc, **drop hook from work and insert hook into top st of ch 3, yo, draw dropped lp through—beg popcorn made,** * ch 2, sk 1 sc, **work 5 dc in next sc, drop hook from work and insert hook into top st of first dc, yo, draw dropped lp through—popcorn made,** rep from * around, join; fasten off.

Rnd 3: Attach orange in top of a popcorn, ch 1, 4 sc in same st, * ch 2, sl st in ch-2 sp, ch 2, 4 sc in top of next popcorn, rep from * around, join.

Rnd 4: Ch 2, hdc in next 3 sc, * yo, draw up lp in each of the two ch-2 sps, yo and draw through all lps on hook, hdc in next 4 sc, rep from * around, join; fasten off.

Rnd 5: Working in back lp of Rnd 1, attach green. Work 2 sc in each st around, join.

Rnd 6: Working in front lps throughout rnd, * ch 6, sc in second ch from hook, hdc in next ch, dc in next ch, trc in next 2 ch, sk 2 sc, sc in next 3 sc, rep from * around, join; fasten off.

Finishing—Sew a flower over the seam of a stretch headband, *page 128.* You also can use the flowers to decorate the front of sweater pillows (see instructions, *below*). Or, hot-glue the flowers onto button covers.

SWEATER PILLOWS

page 129

Materials: Worn sweater; cotton fabric for lining; polyester fiberfill; knitting worsted-weight yarn (pom-poms and edging); size H crochet hook (edging); two 2-inch-diameter cardboard circles (pom-poms).

Instructions:

Pillows—Cut two squares or two rectangles *each* from lining fabric and sweater; allow ½ inch for seam allowances. Join lining pieces with wrong sides facing and leaving an

continued on page 136

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Crowd Pleasers

continued from page 135

opening for turning. Turn to right side and stuff with fiberfill. Sew pillow opening closed. Join sweater pieces as for lining, leaving one side open for inserting pillow. Turn sweater assembly to right side, insert pillow, and sew opening closed.

Pom-poms—Finished pom-pom is 2 inches in diameter.

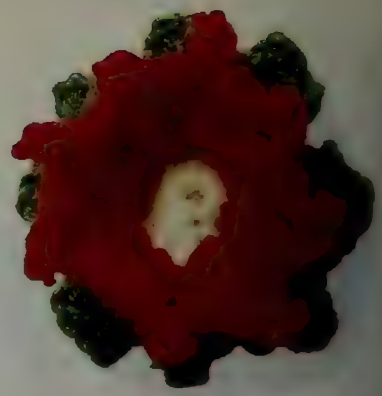
Cut a same-size hole in center of each cardboard circle, making two matching "donuts." *Note:* The larger the hole, the thicker the pom-pom. Holding both cardboard donuts together, wrap yarn evenly around the "sides," passing the yarn through the center hole each time you wrap, until donut is covered. Wrap a second layer. Continue the wrapping process until the center hole almost disappears. Trim yarn.

Next, snip yarn around the outer edge of the wrapped donut. Slip a long strand of yarn between the two cardboard donuts; tie tight. Do not trim yarn tails. Remove cardboard donuts. Shake and trim pom-pom, *leaving the yarn tails untrimmed.*

Thread yarn tails onto needle. Sew a pom-pom to each pillow corner; tie strands into bow. Or, hot-glue pom-poms to front of pillow.

Crocheted edging—Row 1: Make a ch to desired length of edging; add 6 inches (for easing edging around pillow corners). Sc in second ch from hook and in each ch across. Ch 3, turn. **Row 2:** Work 2 dc in first sc, drop hook from work, insert hook from front in top of ch-3, draw dropped lp through, ch 1, **ch 3, sl st in third ch from hook—picot made (p),** ch 1, sk 2 sc, * **3 dc in next sc, drop hook from work, insert hook from front in top of first dc of 3-dc grp, draw dropped lp through—cluster made,** ch 1, p, ch 1, sk 2 sc, rep from * across, ending with a cluster; fasten off.

With a needle and thread, sew crocheted edging to pillow seam.



Tassels—For a 4-inch tassel, wrap yarn around a 4½-inch length of cardboard as many times as desired (the more times the cardboard is wrapped, the thicker the tassel). Slip a length of yarn around the wrapped yarn at one end of the cardboard; tie in a knot. Do not trim yarn length; use tails to sew tassels to pillow.

Slip yarn from cardboard. Wrap another length of yarn around the yarn bundle, about ½ inch from the knotted end; tie in a knot. Thread tails onto a needle, and bury them inside the tassel. Trim tassel. Sew a finished tassel to each pillow corner.

Crocheted flowers—Instructions, *page 135.* Sew or hot-glue finished flowers to pillow.

FLOWER GARLAND

page 130

Materials: Raffia; wire; everlastings (dyed eucalyptus, dyed yarrow, baby's-breath, and an assortment of colorful dried flowers such as roses and amaranth).

Instructions: First, determine the length for your garland. Make a ½-inch-wide raffia braid to this length. Position generous amounts of eucalyptus, evenly spaced, along the braid; wire in place. Next, add yarrow. Fill in with tiny clusters of baby's-breath, then dot the length with a variety of colorful dried flowers. To drape the garland, tie large loops of raffia and slip them around the garland; tie small loops at each end. ♠

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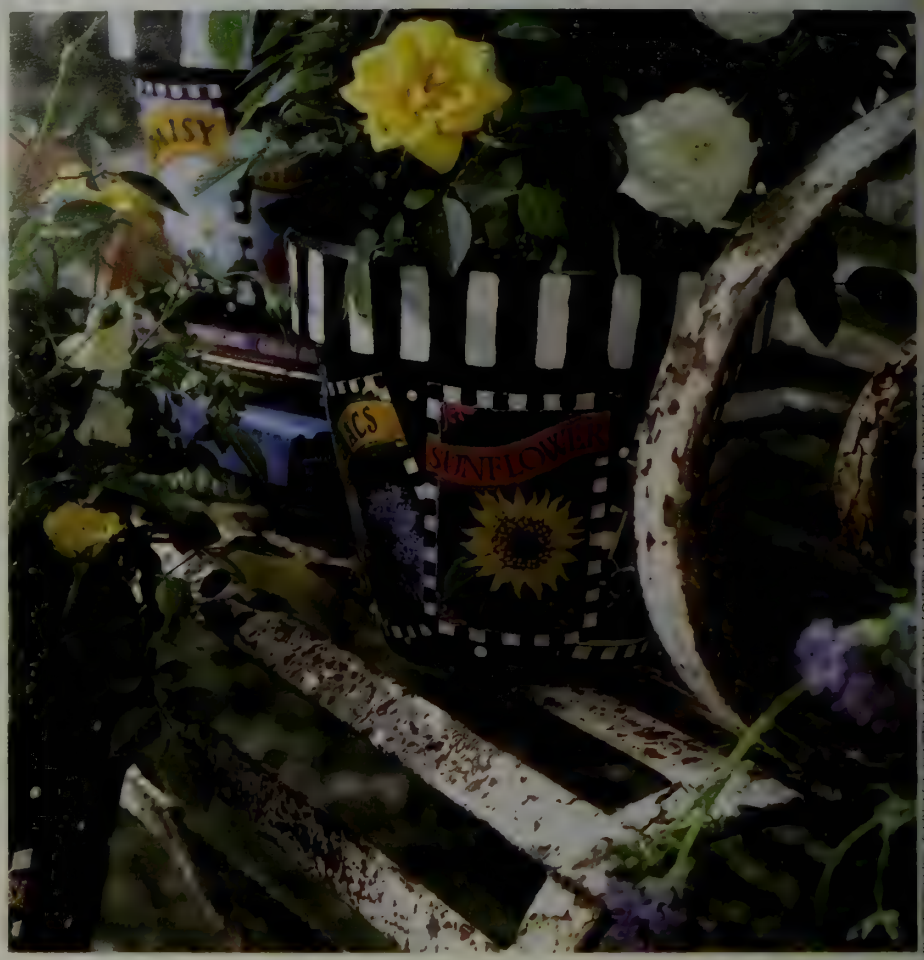
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For a fancier finish, order our easy-to-use kit to make a set of three indoor/outdoor pots like the one shown, *above*. The special kit was designed by Banar Designs for *Better Homes and Gardens*® readers and is not available in stores. Each kit contains three 5-inch terra-cotta pots, black and white acrylic paint, antique seed-packet decoupage paper, a sponge brush, decoupage medium, and complete step-by-step instructions. The price per kit is $24.95, which includes shipping, handling, and sales tax, if applicable.

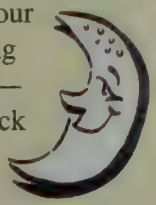
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Take Care

Support System

Don't blame the weather or your allergies if you wake up feeling tired, out of sorts and achy. The culprit may be your aging mattress set. Over time your mattress and box spring set can lose its "zing"—forgetting to spring back or assailing you with bumps and sags.



Shopping Tips

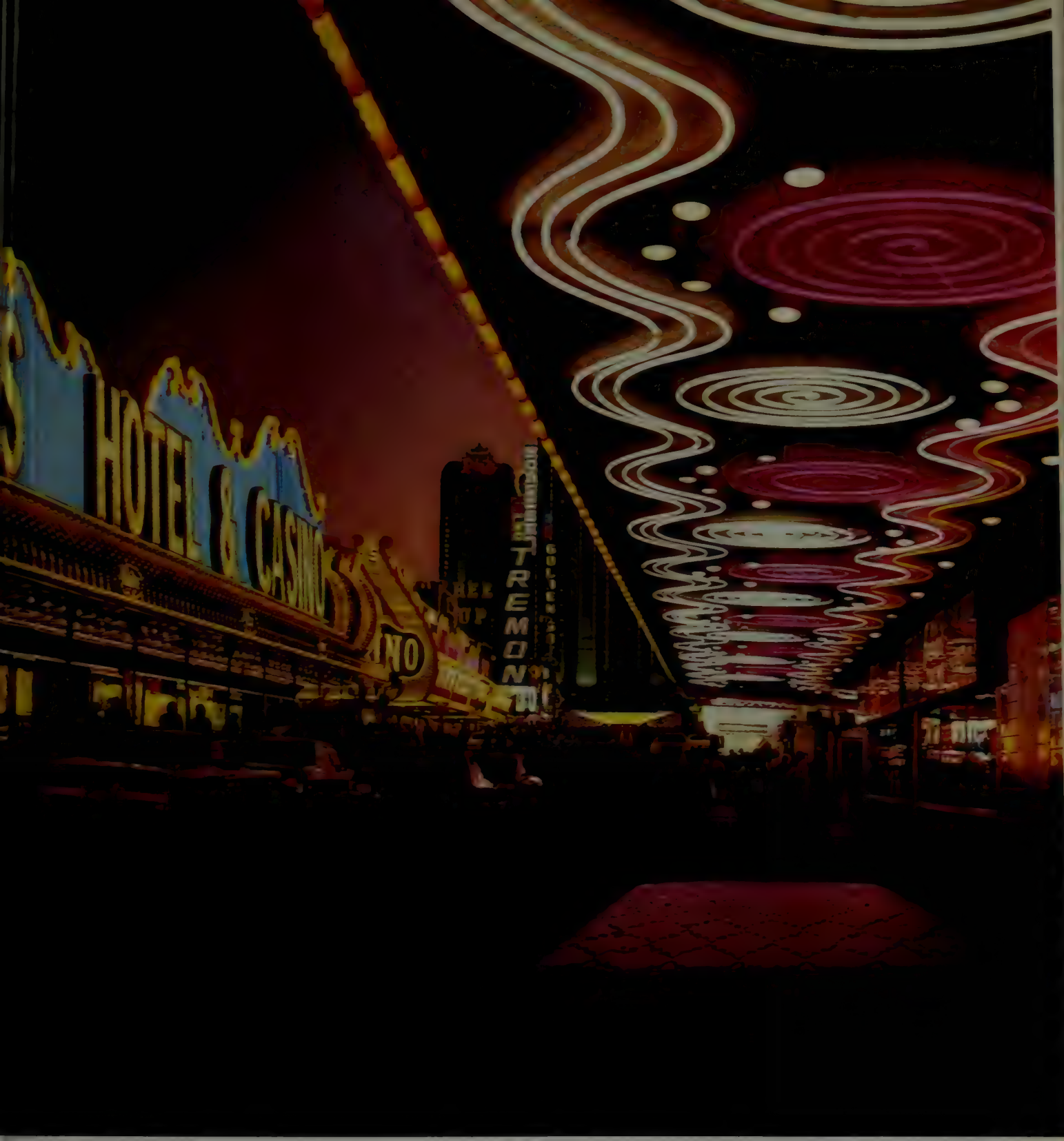
When it's time to search for a new set, don't be fooled by advertising trumpeting coil count alone. Look for and "test drive" mattresses that offer comfort and support. They're the ones that usually have:

- a significant number of coils
- coils made of heavy gauge wire
- a quality lacing to bind the coils into an efficient working unit
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Since you can't peer inside most mattresses, your best bet is to let price and warranty be your guide to quality. The finest are generally those in the higher price ranges and with the longest warranties.



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Try a Sears-O-Pedic ComfortCrafted mattress for yourself at the Homelife niture Store from Sears. You won't find the best place to sleep anyplace else.

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Just send away for your FREE Cross-Stitch Starter Kit. It includes a colorful easy-to-follow instructional brochure, a full skein of DMC Embroidery Floss, cloth, a needle and felt backing – all you need to make this charming Christmas ornament. Plus, we'll also include a FREE chart of the "MUPPETS™" design pictured above.

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So, send for your FREE Starter Kit and Chart today. You'll see that once you get started, the hardest part will be just threading the needle.

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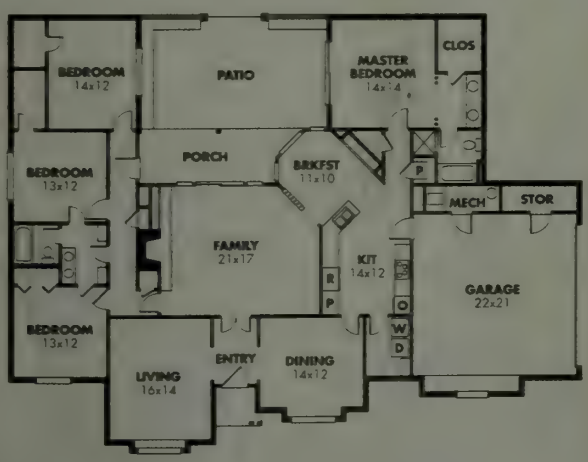
MUPPETS™ ©1995 Jim Henson Productions.
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To receive your FREE chart of this "MUPPETS™" design, plus a FREE Cross-Stitch "Wreath" Starter Kit, send the attached coupon card, or a 3"x5" card with your name and address, plus $1.00 for postage and handling to: The DMC Corp., P.O. Box 5978AA, Clinton IA, 52736-5978 (Offer expires 2/28/96. Good in U.S. only.)



A Ranch for Family Living

You needn't build a mansion to accommodate a growing family. This modest-size brick ranch house—measuring just over 2,300 square feet—is overflowing with living space because of its meticulously designed floor plan. This one-story home features two living areas—one for kids and television watching, another for quiet conversation and adult entertaining. Likewise, dual eating areas let you handle family mealtime and elegant dinner parties with equal aplomb. Other appealing features include three bedrooms plus a master suite, a two-car garage with built-in storage, and a porch and courtyard that encourage outdoor living. The exterior facade is so clean and simple that it blends beautifully into a neighborhood of older ranch homes.



Total living area: 2,311 sq. ft.
Porch: 163 sq. ft.
Garage: 576 sq. ft.

HOW TO ORDER PLANS

1. Determine the number of plans desired and calculate the price from the listings in the next column. Add sales tax* plus $12 for postage and handling.

2. Specify plan no. E-2300-1.

3. Send name, address, and check, money order, or credit card information to: BH&G/HomeStyles, 275 Market St., Suite 521, Minneapolis, MN 55405; or, call 800/848-8906.

Blueprints and study plans are not returnable. Please double-check the plan numbers when ordering.

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ONE HOME PLAN $365

If you're not ready for full blueprints, try our Study Plan, $29.95 postage paid. This one-page blueprint shows floor plans, four elevations, and kitchen and bath details.

Study plan payment is deductible from the blueprint cost.

*TAX NOTE: We are required to collect and pay state taxes in AL, AR, CO, CT, FL, ID, IL, IN, KS, MD, MA, MS, MO, NJ, NM, PA, and WI. We are required to collect and pay state and local taxes in CA, GA, IA, MN, NE, NY, NC, OH, TN, TX, VA, WA.



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Because the Trane XV 90 runs on clean-burning, economical natural gas, it delivers fast, efficient heat, with an AFUE rating over 90%. In f the XV 90 has met the EPA's Energy Star guidelines energy efficiency. And with a lifetime lim warranty on the heat exchangers, the XV will be efficiently heating your home fc long, long time.



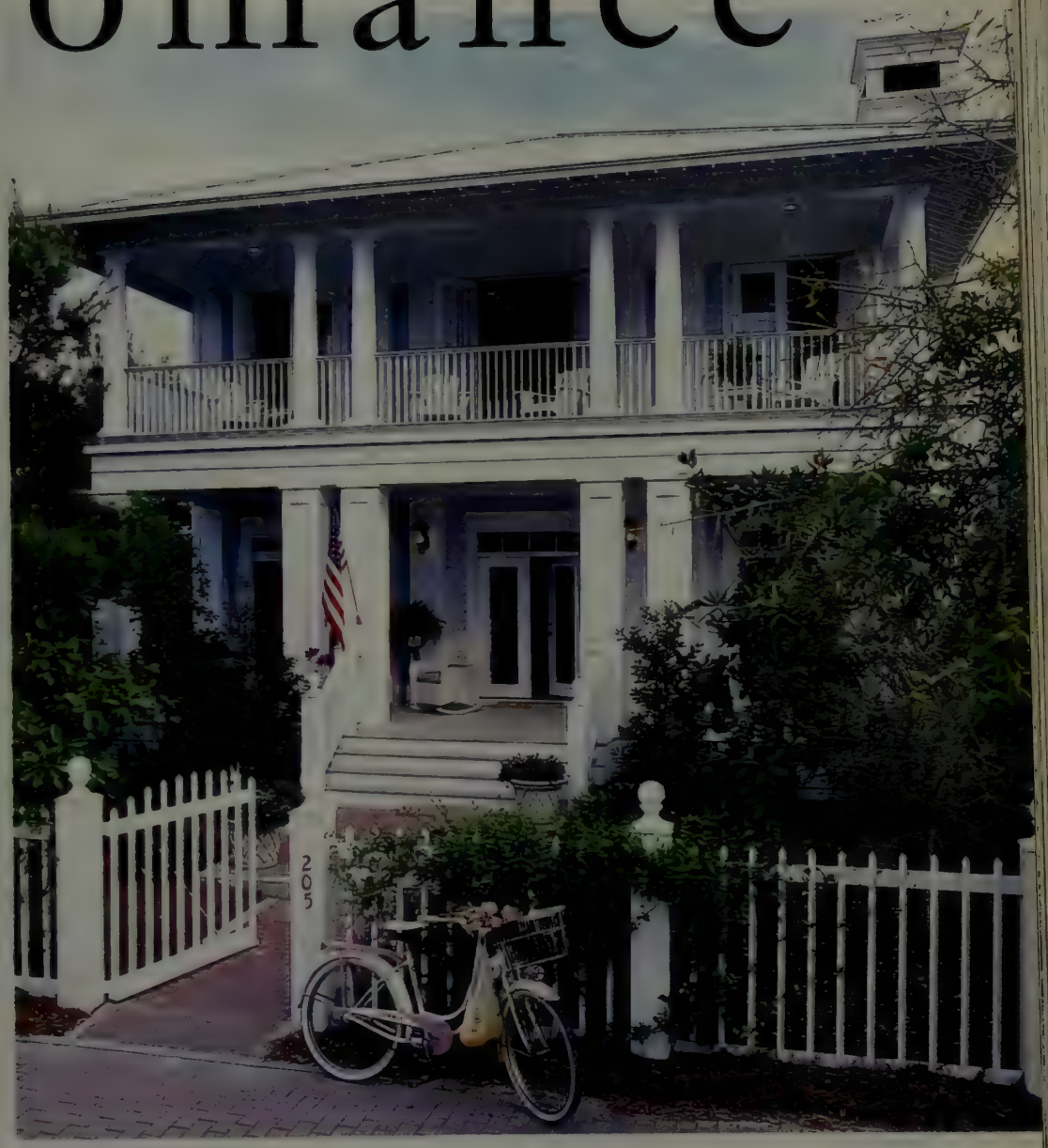
Surround yourself with the comfort Trane XV 90. Call your local dealer for more information — just look in the Yellow Pages under Heating Contractors.

Clean natural ga
Think what you'll s

It's Hard To Stop A Trane™

a southern romance

BY
STEVEN GREENHUT
AND
JOSEPH BOEHM



Some homes *impress* us with dramatic architecture. Others *dazzle* us with snazzy features or comfort us with practical design and familiar styling. This new home *seduces* us with its emotional appeal. The moment you swing open the gate on the white picket fence, you'll enter an idyllic world—from the lush landscaping, antebellum facade, and double-decker porches to the soft, sunny interiors. You, too, can give a new home romantic flair. Here's how.

a southern romance

What adds romance to a relationship? It's the sweet little extras. This living room is so endearing because of details such as the crown and window moldings, the Federal-style fireplace surround, beadboard wainscoting, and the eclectic mix of furnishings. The stair landing, *below*, features a striking lattice grid.

ARCHITECT: THOMAS CHRIST, CHRIST & ASSOCIATES
PHOTOGRAPHS: JENNIFER JORDAN. INTERIOR DESIGN: JAMIE CHRIST
FIELD EDITORS: WITH STYLE, SALLY MAUER AND HILARY ROSE





Rather than try to apply romantic touches to an otherwise ordinary home, architect Thomas Christ integrated alluring, character-laden ideas into every aspect of his design. Rooted in its Southern locale, this *historically inspired design* evokes images of Tennessee Williams or William Faulkner, humid summer nights, mint juleps, and tender conversation under the moonlight. How can a house conjure up such luscious imagery? With rows of French doors that open to expansive columned porches,









This formal dining room is handsomely appointed without being stodgy. Tall bay windows above the built-in window seat keep the room awash in daylight. An opening to the kitchen adds convenience, while the granite-covered bar keeps each room distinct.

Peering out toward the Gulf of Mexico, the top-floor observatory is designed as an easygoing getaway for reading or napping. Beadboard paneling, an extra-narrow door that leads to the deck, small square casements, and mellow blue paint beckon to the sea beyond.

a southern romance

with pastel-colored walls that lie beneath breezy 10-foot ceilings, and with an open floor plan that's as casual as an early morning beachfront stroll. In addition, *layers of detail and texture* give the eyes plenty to feast upon. Every room—from the formal dining room to the master suite—abounds with thoughtful touches and loving details. Oversize moldings, for instance, cap the home's many windows. Painted beadboard cloaks the observatory's walls and offers comforting accents even in the formal living room. Other features—such as the tiny cabinet doors above the refrigerator and the light-

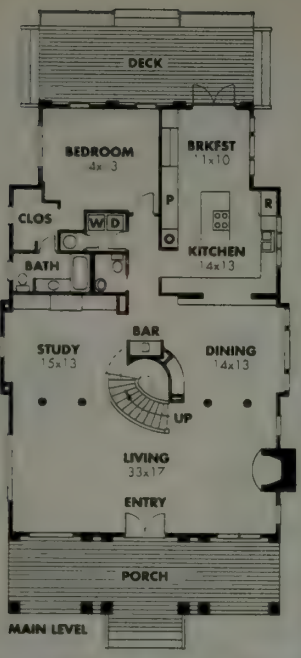


a southern romance

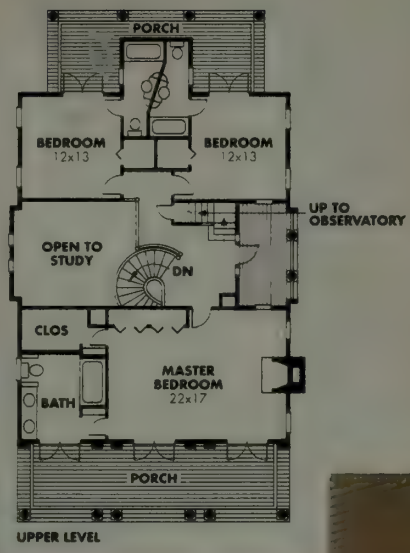
enticing transoms that top the many sets of French doors—ensure that ever inch of architecture offers at least a tidbit of charm and intrigue. So that thei love affair with their new home lasts a lifetime, the homeowners opted fo top-quality finishes including solid maple floors, custom wood cabinetry, an granite kitchen countertops.

Quirkiness and whimsy are other important elements when romanticizin your home. After all, who wants a love affair that's predictable? In the kitcher the range hood—which hovers above the center island—is camouflaged in

French doors that open from the eating nook saturate the kitchen's working triangle in light. Fanciful built-ins, a center island, conveniently placed appliances, and fine cabinetry graciously tend to the cook's every need.



DESPITE A NARROW SITE, THIS TWO-STORY SOUTHERN COLONIAL DESIGN HAS 3,500 SQUARE-FEET OF LIVING SPACE. BY USING HALF-WALLS, CUTOUTS, AND COLUMNS, THE FLOOR PLAN MANAGES A CAREFUL BALANCE OF FORMALITY AND CASUALNESS. PLENTIFUL DOORWAYS AND DECKS BLUR THE LINES BETWEEN INDOORS AND OUT.



Subdued and sensuous, this periwinkle-hued master suite surrounds you in comfort with its airy spaces and relaxing sitting area. French doors, which open out to the front porch, let in balmy ocean breezes. Custom shelving, *below*, greets you in the early morn with fresh coffee and a soft towel as you head to the bath.

a southern
romance

striking wood plate rack that's punctuated by hand-carved wood spheres. Notice how some windows and doors, especially those in the observatory, are oddly sized—the type of quirk usually found in age-old estates. *Fabulous furnishings* complete this romantic story. Mixing and matching styles and fabrics—as well as new furniture pieces and antiques—results in enchanting decor that looks like it was years in the making.

Buying information, page 211




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SLIMS
slim price, too.
SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.



Futura Royal Gallery #F0091

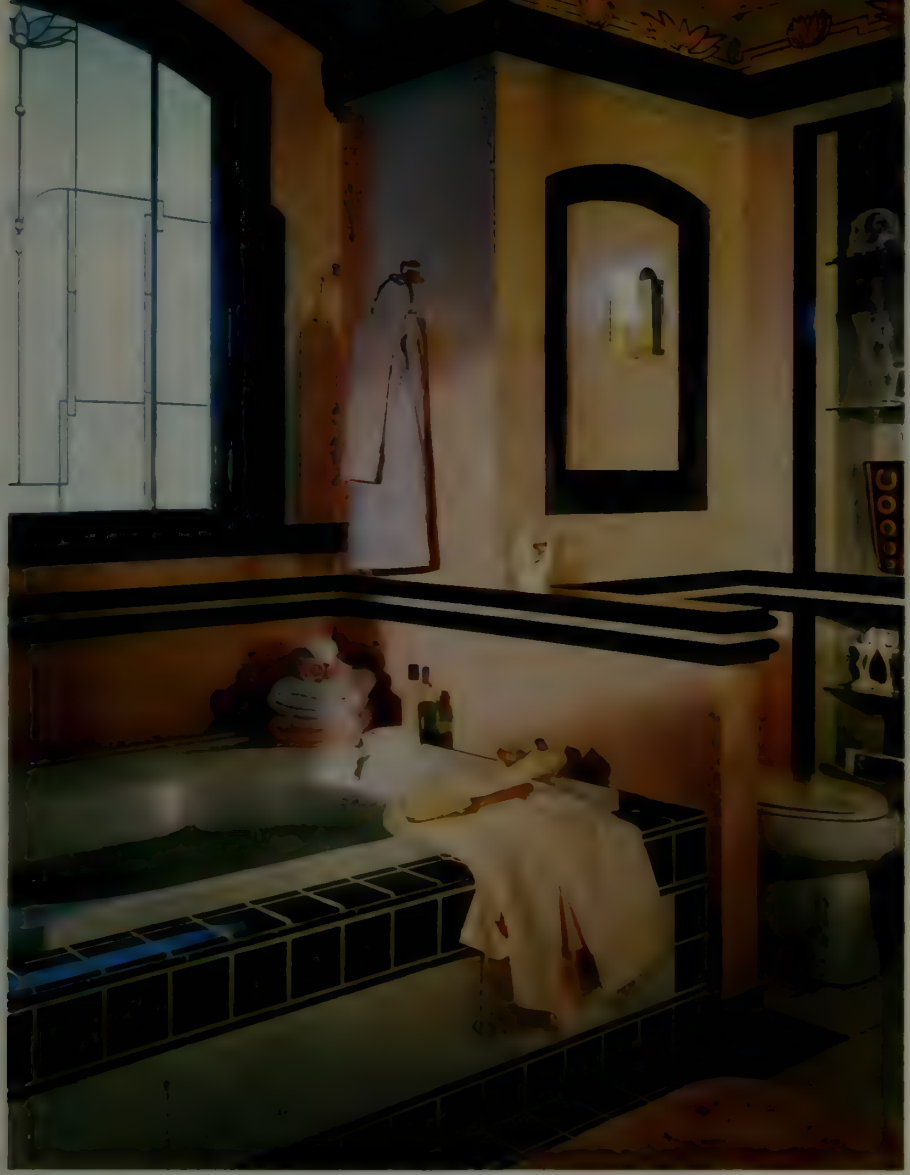
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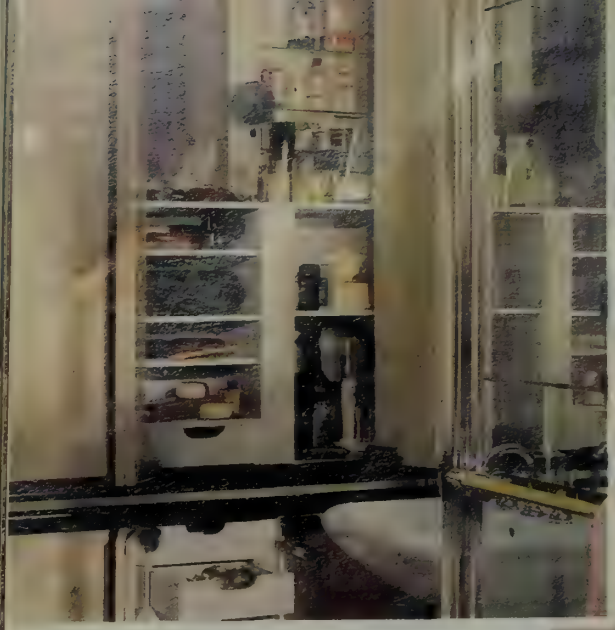
2 to get ready





by William L. Nolan and Joseph Boehm

It's 6:10, and the battle of the bathroom is in full swing. He wants a shower, she's ready for a soak. He's groping for aftershave, she's searching for mascara. "Gosh, Honey, we'll miss the 7:15!" If this sounds all too familiar, here's a bath that's geared to get you both out the door on time.



1 His grooming area includes shallow drawers for socks, hankies, and underwear; open shelves for brushes, grooming kits, and tissue; and a broad ledge for toiletries. Other cubbies accommodate an appliance garage, a tilt-out waste bin, a tie rack, and narrow glass shelves for medicines, lotions, and other small items.

2 to get ready

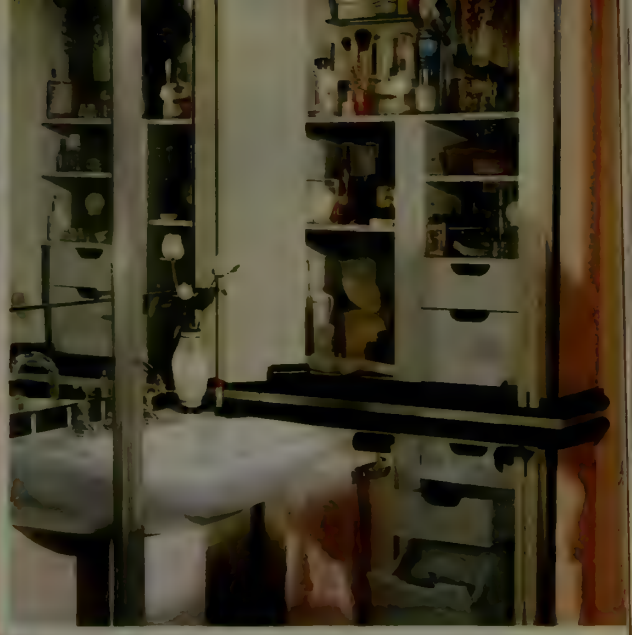
2 You can store a whole month's supply of fresh towels and washcloths in the side-by-side linen closets (one side is shown open here). Underneath, a pair of tip-out laundry bins collect personal items. Each bin is lined with a canvas drawstring bag for easy transfer to the laundry room, and the tops of the bins are rimmed with Velcro strips to hold the bags in place.



Packing two-person convenience and efficiency into a modest-siz bathroom is no easy task, but it isn't mission impossible, either. Thi bathroom measures only 10×14 feet—about the size of a spare room– but it gets with the program pronto whether you're running late o winding down.

One key design feature is a pair of grooming areas, complete wit high-performance storage and elegant pedestal lavatories. Each are tucks into its own mirror-lined alcove near the shower enclosure, s





3 Her grooming area also has a tilt-out waste bin, an appliance garage, and glass shelving for medicines. To keep cords tucked neatly out of the way, both garages are wired with duplex outlets. Mail-order plastic organizers in the shallow drawers corral cosmetics and jewelry, and a swing-out rack makes it easy to select scarves and necklaces.

4 No need to miss your favorite morning talk show or dash to the kitchen for that first cup of coffee. Just park the coffeemaker and TV on the laminate-topped bar next to the tub alcove. The cupboard above stores cups, coffee, and filters, plus reserve supplies of toilet tissue and cleansers, and the one below holds big bins for soiled linens.



the two of you won't be bumping shoulders, vying for shelf space, or saying, "That's *my* toothbrush."

Another key feature is separate bathing areas: a whirlpool tub on one side of the room, a generous-size shower on the other. In between, open floor space leaves ample room for both of you to towel off at the same time. Meticulously organized storage built-ins on the end wall stretch floor to ceiling (they even commandeer the stud cavities). Each compartment hides behind laminate-faced bifold doors.



5 Nothing beats a toasty towel warmer for making you feel pampered after you bathe, yet all it takes is a tiny sliver of space. This slim-profile electric radiator fits neatly under one of the linen closets, within easy reach of the tub or the shower enclosure.

2 to get ready

Buying information, page 213

PLUMBING FIXTURES, FAUCETS, AND SHOWER ENCLOSURE STERLING PLUMBING GROUP, INC. CERAMIC TILE: FLORIDA TILE. WINDOW AND ART GLASS INSERT: ANDERSEN WINDOWS AND DOORS TOWEL WARMER/RADIATOR RUNTAL BATH LINENS FIELDCREST CANNON, INC



6 An extra stud cavity near the low-flush toilet yielded handy parking space for magazines and a cordless phone. The front and middle panels of the magazine rack slide out for easy cleaning, and the glass shelf mounts at several different heights.



YOU CAN ORDER DETAILED PLANS

A complete **10-IN-1 PLAN** for this idea-packed bath is available *exclusively* from *Better Homes and Gardens®* magazine. The plan contains photographs, individual materials lists, and step-by-step construction details for each of the specialized features in the room, including: Coffee Bar, Towel Storage, Dual Laundry Bins, Display Niche, "Her" Storage, "His" Storage, Special Lighting, Laminate Pattern on Door, Sculpted Niches for Sconces, and Stud-Space Storage with Custom Pulls. **ER THE PLAN** with your Mastercard, Visa, or American Express card, call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066. To order by mail, send check or money order for $29.9 to *BH&G* Reader Shopping Service Department 9509, Box 9128, Des Moines IA 50306-9128. Price includes shipping handling, and sales tax, if applicable.

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Water alone leaves dirt that can scratch and dull your floor.



Mr. Clean for Newer Floors leaves nothing behind but shine.



This leading specialty cleaner leaves a dull, waxy build-up.

Just when you thought your fantasy was out of reach...



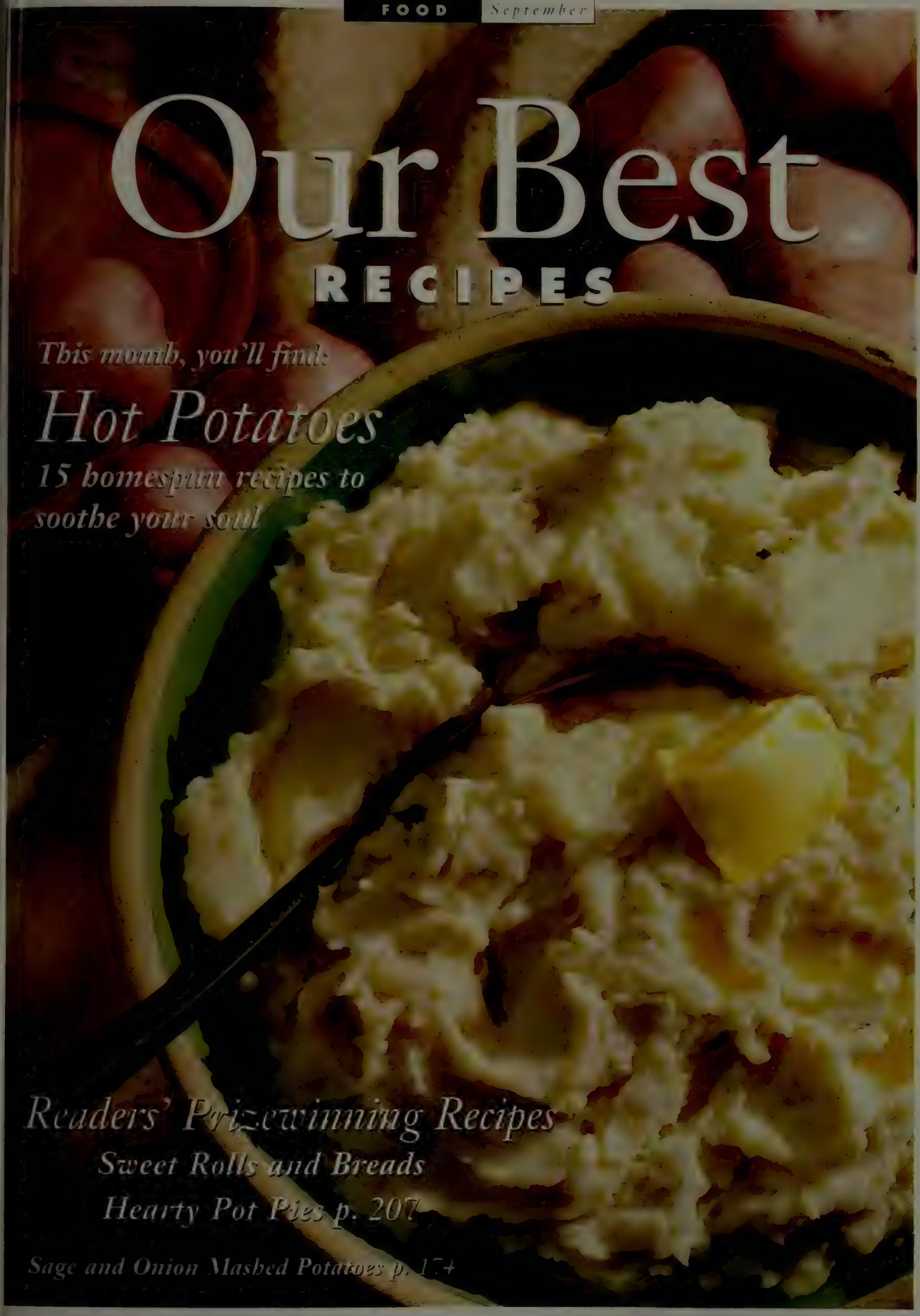
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Our Best RECIPES

This month, you'll find:

Hot Potatoes

15 homespun recipes to soothe your soul

Readers' Prizewinning Recipes

Sweet Rolls and Breads

Hearty Pot Pies p. 207

Sage and Onion Mashed Potatoes p. 174

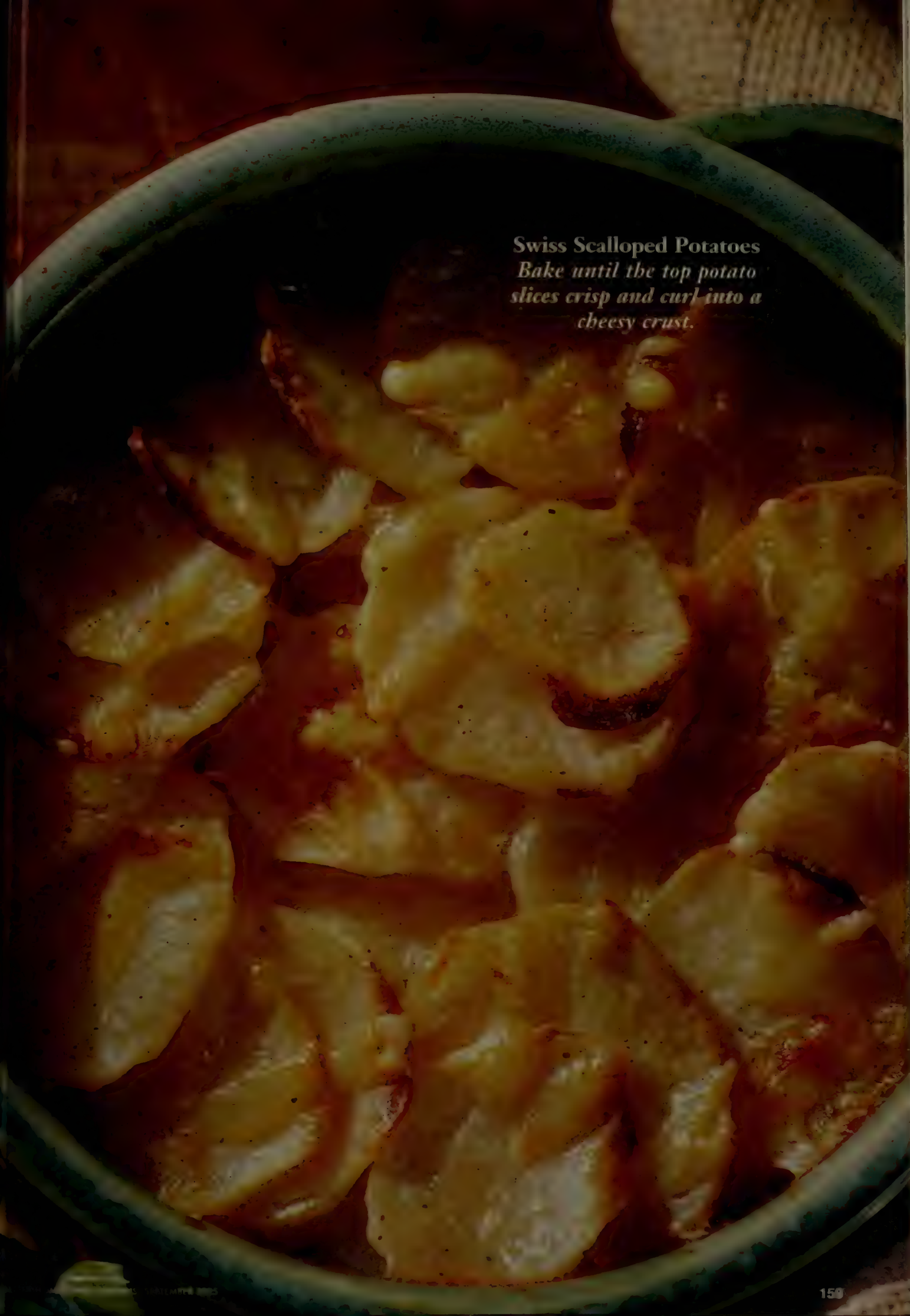
hot potatoes

by Julia Malloy

When I was tall enough to peer over the kitchen counter, I watched Grandma mash potatoes. She used a green ceramic bowl, chipped from years of thumping and stirring. Her knack for turning plain boiled spuds into fluffy white mounds was magic, as if a sixth sense told her how long to beat and what to add. What was that unwritten ingredient that made her potatoes so soothing and so difficult to duplicate? Perhaps it was the coziness of standing by her side in her warm kitchen, watching her add a pinch of this and a dash of that, and knowing the potatoes would turn out the way I liked them, time after time. In my quest to re-create Grandma's potatoes, I turned to some of the best cooks around—our test kitchen experts. They may not be Grandma, but they've been cooking potatoes long enough to come close. Try their mashed potatoes and other recipes from our home-cooked spud sampler, and stir up a few warm memories of your own.

Recipe begins on page 174

Photographs: Ken [illegible] Stylist: Nancy Wall Hopkins



Swiss Scalloped Potatoes
Bake until the top potato slices crisp and curl into a cheesy crust.



Olive Potato Frittata
Skillet-sizzle potatoes till golden and tender, then cook the eggs.

Double Cheese, Double Baked Potatoes
Go ahead—plunge your fork into billowy peaks flavored with smoked cheddar.

"What I say is, that if a man really likes potat

ot potatoes

cipes begin on page 174

Oven-Roasted Potatoes and Vegetables
Make these root cellar gems sparkle with a sweet-sour balsamic vinaigrette.



must be a pretty decent sort of fellow."—A.A. Milne



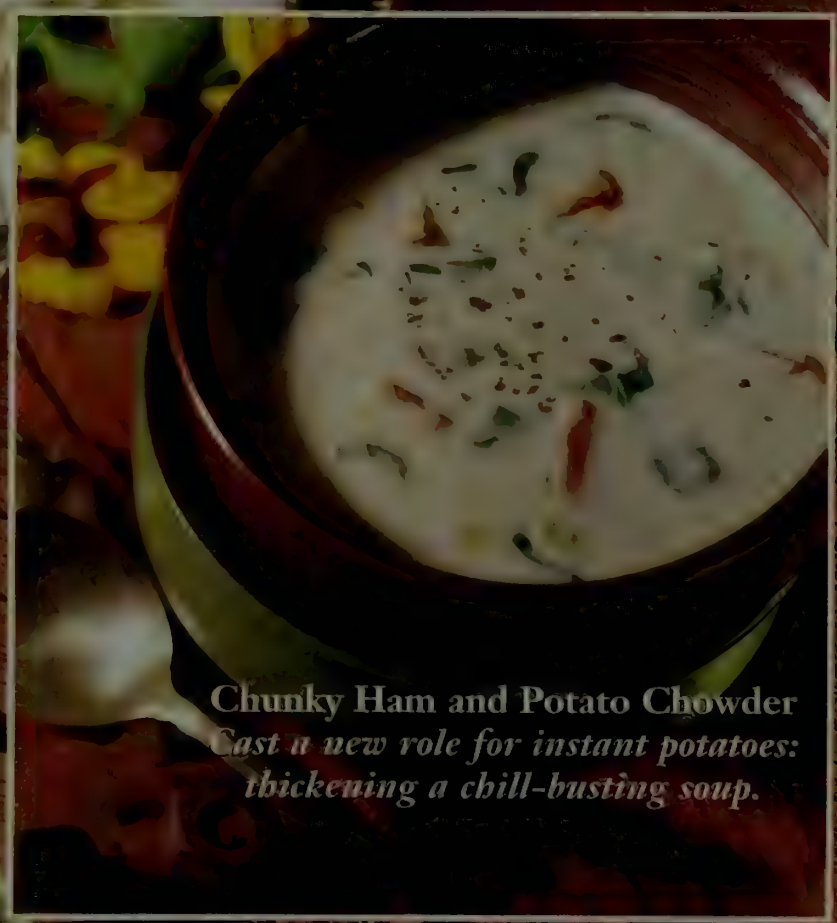
Five-Spice Pork with Sweet Potato Patties
Spoon a succulent stir-fry over plump patties with crisp, lacy edges.

Buffalo Fries with Sauces
Dunk spicy golden sticks into creamy blue cheese, Italian red, honey-mustard.

"Two [illegible] too serious to joke about-

hot potatoes

Recipes begin on page 176



Chunky Ham and Potato Chowder
Cast a new role for instant potatoes: thickening a chill-busting soup.

arriage and potatoes."—Irish proverb

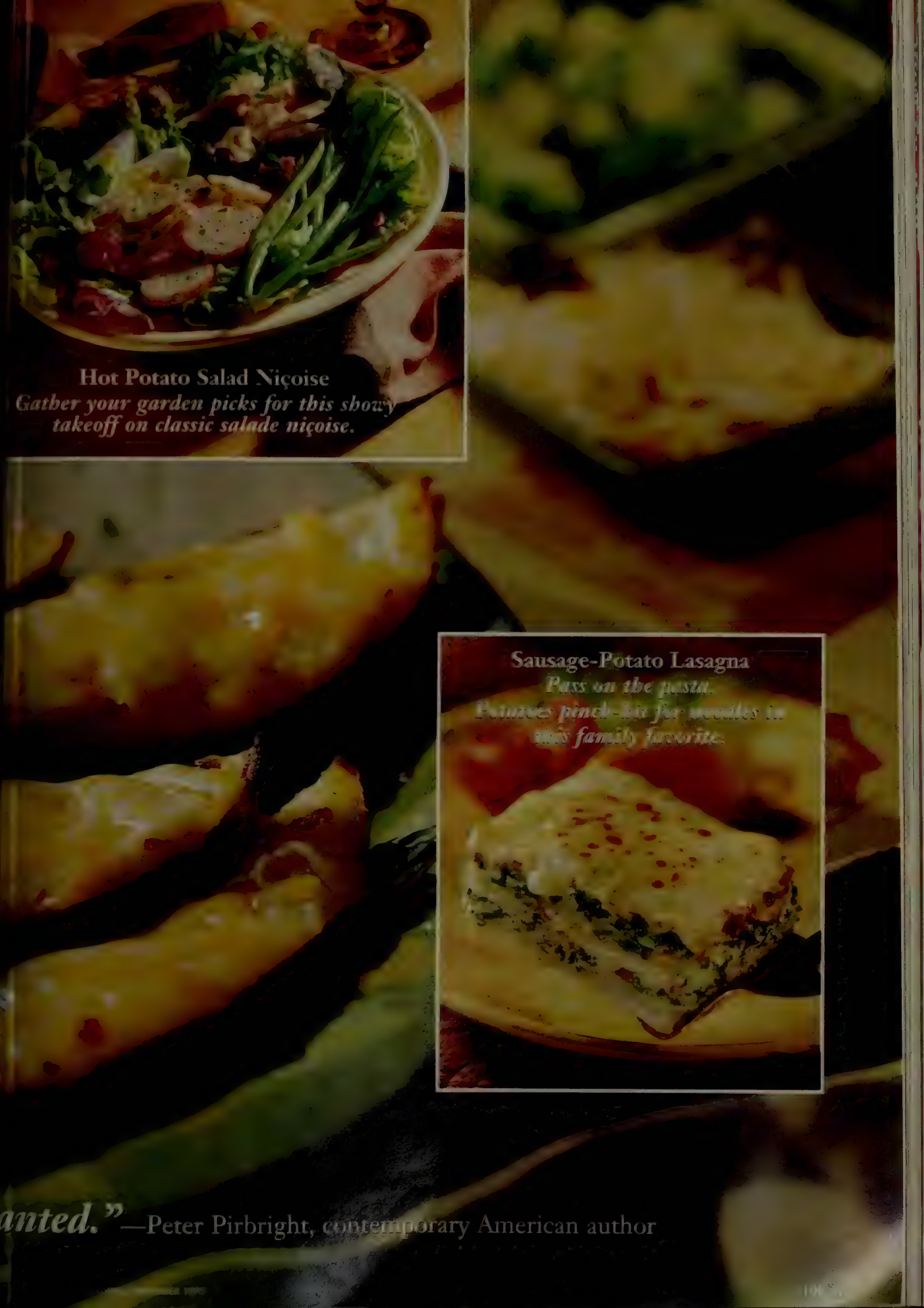
hot potatoes

Recipes begin on page 164



Nacho Potato Skins
Load up baked wedges with cheese, avocado, salsa, and other Tex-Mex toppers.

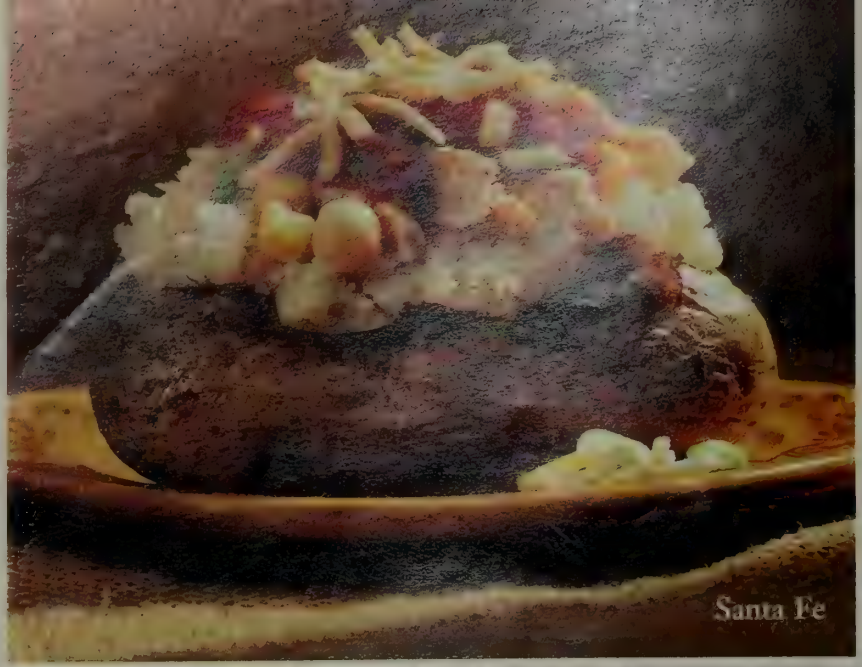
"Potatoes, like wives, should never be taken f



Hot Potato Salad Niçoise
Gather your garden picks for this showy takeoff on classic salade niçoise.

Sausage-Potato Lasagna
Pass on the pasta. Potatoes pinch-hit for noodles in this family favorite.

anted."—Peter Pirbright, contemporary American author


Santa Fe

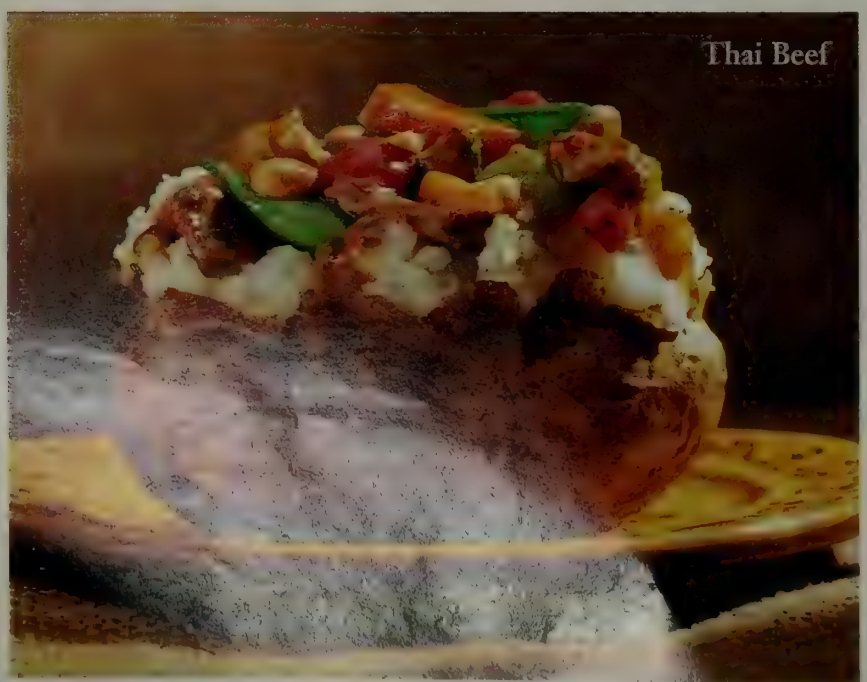

Farmer's Market

hot potatoes

Recipes begin on page 190

America's Best Potato Toppers
Pile your spuds high with Santa Fe, Farmer's Market, or spicy Thai Beef toppers.

"Let the sky rain potatoes."—William Shakespeare


Thai Beef

Buying information, see page 213

Dole Canned Pineapple. Just In Time For The Holidays.



September 11.
Baked Pineapple Chicken.

September 5. Be Late for Something Day. Blend together crushed pineapple, vanilla yogurt and strawberries for breakfast. Serve it for lunch.

September 11. No News is Good News Day. Unless it's news like this. Baked chicken with pineapple. *(Combine 2 Tbsp. juice from one 20 oz. can of Dole® Pineapple Slices with 1/4 cup honey, 2 Tbsp. Dijon mustard, and 1 tsp. thyme leaves. Brush half of glaze on 6 boneless chicken breast halves in baking dish, skin side up. Bake at 400° F for 30 minutes. Arrange drained Dole Pineapple Slices around chicken. Brush remaining glaze over chicken and pineapple. Bake 10 minutes or until done.)*

September 14. National Anthem Day. Oh, say, can you imagine a quesadilla with crushed pineapple? Something to sing about.



September 22. Pineapple Topping.

September 22. Dear Diary Day. Dear Diary: Today I was introduced to pineapple topping over angel food cake. I think I'm in love. *(Heat one 20 oz. can Dole Crushed Pineapple, undrained, with 1/4 cup orange marmalade and 2 tsp. cornstarch until hot and slightly thickened.)*

October 15. National Grouch Day. If toasted bagels with cream cheese and crushed pineapple won't make them smile, nothing will.

October 16. Dictionary Day. pine•ap•ple (pīn'ap'əl) n. a tropical fruit that, when chunked, creates a pizza that is beyond words. *(Spoon 1 cup pizza sauce over a 12-inch prepared pizza crust. Top with 1-1/2 cups shredded mozzarella cheese, 1/4 cup sliced pepperoni, 1/2 cup red or green bell pepper slices, and 1 cup drained Dole Canned Pineapple Chunks. Bake at 425° F for 20 minutes.)*



October 16. Pineapple Pizza.

October 19. Evaluate Your Life Day. Two roads diverged in a wood and I took the one that had pineapple chunks in gelatin. That has made all the difference.

October 22. Mother-in-Law Day. Make her happy you're part of the family by serving pineapple chunks in pasta salad.

October 23. TV Talk Show Host Day. Today's topic: Chefs who mix pineapple with stir-fry and the people who love it.

October 26. Mule Day. Even the most stubborn kids will eat their spinach if it's spinach salad with pineapple chunks.

October 31. Halloween. Here's a treat with a special trick: pour pineapple chunks over fruit salad and it won't turn brown.



Hungry for more? Send a self-addressed stamped business envelope to: Dole Pineapple Recipes, P.O. Box 9042-K, Clinton, IA 52736-9042. We'll send you recipes to help you ring in the holidays all year long. *©1995 Dole Food Company, Inc. Dole® is a registered trademark of Dole Food Company, Inc.*

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Faye's 4th Quarter Fruit Salad
36°

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nutrition information

HOW TO MAKE IT WORK FOR YOU

NUTRITION FACTS WITH EVERY RECIPE

With each recipe, we give impor tant nutrition facts. You'll find th calorie count of each serving and th amount, in grams, of fat, saturate fat, cholesterol, sodium, carboh drate, fiber, and protein. You can als check the levels of each recipe ser ing for vitamins A and C, calciun and iron. These are noted in pe centages of the Daily Value. Th Daily Values are dietary standar determined by the Food and Dru Administration.

HOW WE ANALYZE

- The analysis does not inclu optional ingredients.
- We use the first serving size liste when a range is given (such "makes 4 to 6 servings").
- When ingredient choices appear a recipe (such as "margarine or bu ter"), we use the first one mention for analysis.
- When milk is an ingredient in recipe, the analysis is calculate using two-percent milk.

WHAT YOU NEED

The dietary guidelines below su gest the levels of nutrients that mo erately active adults should strive eat each day. There's no real harm going over or under these guidelin in any single day, but it's a good id to aim for a balanced diet over tim

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligra
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligra
Dietary fiber: 20 to 30 grams



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1. Purple
2. Long white
3. Round red
4. Round white
5. Sweet
6. Yellow
7. Russet
8. New

Hot Potatoes

continued from page 166

POTATO PRIMER

One potato, two potato, three potato, four. Spud varieties today really number even more. Here's a quick rundown of the kinds you're likely to find in the supermarket, as well as information on how to select the right potato for your recipe.

Picking the perfect potato. Potatoes are classified as either mealy, waxy, or all-purpose. The type you choose depends on the way you plan to cook them. Some are best for baking, others for boiling.

Mealy potatoes have a dry texture and tend to crumble or fall apart when cooked. The most common mealy variety is the russet. Purple potatoes, which are becoming more widely available, are also mealy. Use either potato for baking, mashing, and frying.

When you want potatoes to keep their shape when cooked, choose *waxy* types, such as the long whites and round reds. These potatoes have a moist, smooth texture and are great for salads, soups, and casseroles.

Some potatoes, such as the round white potato and the yellow varieties (Yukon Gold, Finnish Yellow, and Yellow-Rose), are considered *all-purpose* potatoes. This means they are suitable for just about any dish.

New potatoes aren't a type of potato, but are just young, small potatoes.

Sweet potatoes also come in moist and dry varieties. Dry-textured sweet potatoes usually have a yellowish-tan skin and cream-colored to yellow meat. They are much like the russet potato in texture and are only mildly sweet. They are ideal for baking or mashing.

Moist-textured sweet potatoes have copper-colored skins with a bright orange flesh that is very sweet. Because they hold their shape better than drier varieties, they are perfect for soups, stews, or casseroles. These deep-colored sweet potatoes are sometimes labeled as yams in the grocery store.

Look for clean potatoes that have smooth, unblemished skins. They should be firm and have a shape that is typical for their variety. Avoid those that have green spots or are soft, moldy, or shriveled.

Storing spuds. Store potatoes in a well-ventilated, dark place that is cool and slightly humid, but not wet. If you store potatoes in the light, they will develop green patches that will have a bitter flavor. Avoid refrigerating potatoes; cold temperatures cause potatoes to turn overly sweet and to darken when cooked.

To peel or not to peel. Leaving the skin on potatoes will add fiber to your dish, but may discolor some recipes, such as mashed potatoes. If you're leaving the peel on , use a vegetable brush to scrub the skins under running water. For peeling, use a vegetable peeler, removing any eyes or holes. Cut out any green parts.

To keep cut or sliced potatoes from darkening before cooking, immerse them in ice water for a few minutes. For shredded potatoes, rinse and drain them after shredding, then pat them dry before using.

continued on page 174

Is there more to Mr. Peanut than meets the eye?

Protein is a part of peanuts. Peanuts* have 8% of the Daily Value of protein per serving.

Niacin is a B Vitamin that's packed into peanuts. A full 20% of the Daily Value of niacin can be found in a serving of peanuts.*

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Get to Know Mr. Peanut. Eat your Planters®

*Planters Cocktail Peanuts–1 oz. serving. Percent Daily Values are based on a 2,000 calorie diet.

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Hot Potatoes

continued from page 172

SAGE AND ONION MASHED POTATOES

Roasting brings out the old-fashioned goodness of these fluffy mashed potatoes. Top with a pat of margarine or butter.

- 3 medium (1 lb.) potatoes, such as russet, round white, or yellow, cut into eighths
- 1 medium onion, cut into thin wedges
- ¼ cup water
- 3 Tbsp. olive oil or cooking oil
- 1 Tbsp. snipped fresh sage or ½ tsp. ground sage
- ½ tsp. salt
- ⅛ to ¼ tsp. pepper
- 2 to 4 Tbsp. buttermilk, plain yogurt, dairy sour cream, or milk

In a greased 2-quart casserole combine potatoes and onion. In a 1-cup measure combine water, oil, sage, salt, and pepper; drizzle over potatoes and onion.

Bake, uncovered, in a 450° oven for 40 to 50 minutes or till vegetables are tender, stirring twice.

Transfer to a medium mixing bowl. Mash with a potato masher or beat with an electric mixer on low speed. Gradually beat in enough buttermilk, yogurt, sour cream, or milk to make light and fluffy. Makes 5 side-dish servings.

Nutrition facts per serving: 170 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 227 mg sodium, 22 g carbo., 1 g fiber, 3 g pro. Daily Value: 0% vit. A, 21% vit. C, 2% calcium, 10% iron.

SWISS SCALLOPED POTATOES

A vegetable peeler makes quick work of peeling potatoes. Be sure to remove the eyes of the potato with the tip of the peeler as you go.

- 1 medium onion, thinly sliced and separated into rings
- 1 Tbsp. margarine or butter
- 4 tsp. all-purpose flour
- ½ tsp. salt
- ¼ tsp. ground nutmeg
- ⅛ tsp. pepper
- 1¼ cups milk
- 3 medium (1 lb.) potatoes, such as long white, round white, round red, or yellow, peeled and thinly sliced (3 cups)
- ¾ cup shredded Swiss cheese (3 oz.)
- 2 Tbsp. sliced almonds, toasted

For sauce, in a medium saucepan cook onion in hot margarine or butter till tender. Stir in flour, salt, nutmeg, and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Remove from heat.

Place *half* of the sliced potatoes in a greased 1-quart casserole. Cover with *half* of the sauce. Sprinkle with *½ cup* of the Swiss cheese and the almonds. Top with remaining potatoes and sauce.

Bake, covered, in a 350° oven for 35 minutes. Uncover and bake for 30 to 35 minutes more or till potatoes are tender and golden. Sprinkle with remaining Swiss cheese. Bake, uncovered, for 5 minutes more or till cheese is melted. Let stand for 15 minutes. Makes 6 side-dish servings.

Nutrition facts per serving: 185 cal., 8 g total fat (4 g sat. fat), 17 mg chol., 267 mg sodium, 21 g carbo., 1 g fiber, 8 g pro. Daily Value: 9% vit. A, 11% vit. C, 18% calcium, 3% iron.

DOUBLE CHEESE, DOUBLE BAKED POTATOES

If the cheese tends to crumble when shredding, finely chop it instead.

- 4 medium (1¼ lb.) potatoes, such as russet
- ½ cup shredded smoked cheese, such as cheddar, mozzarella, or Gouda (2 oz.)
- ½ cup cream cheese with chives and onion
- ⅛ tsp. pepper
- 1 to 2 Tbsp. milk (optional)
- 2 Tbsp. snipped fresh chives

Use a vegetable brush to thoroughly scrub potatoes. Pat dry. If desired, for soft skins, rub with shortening, margarine, or butter; prick potatoes with a fork. (Or, if desired, for moist skins, skip the shortening rub. Prick potatoes; wrap each in foil.)

Bake potatoes in a 425° oven for 40 to 60 minutes or till tender. Cut a lengthwise slice from the top of each baked potato; discard skin from slice and place pulp in a bowl. Gently scoop out each potato, leaving a thin shell. Add pulp to bowl.

With an electric mixer on low speed or a potato masher, beat or mash potato pulp. Add smoked cheese, cream cheese, and pepper. Beat till smooth. (If necessary, stir in 1 to 2 tablespoons milk to make of desired consistency.) Stir in chives. Pipe or spoon potato mixture into potato shells (see photo, below). Place



Using two spoons, pile the mashed potato mixture into shells.

in a 2-quart square baking dish. Bake, uncovered, in a 425° oven for 20 to 25 minutes or till light brown. Makes 4 side-dish servings.

Microwave directions: Scrub potatoes; prick with a fork. In a 2-quart square microwave-safe baking dish cook potatoes, uncovered, on 100% power (high) for 12 to 16 minutes or till tender. Prepare potato shells; mash potato pulp. Assemble stuffed shells as directed. In the same baking dish cook stuffed potato shells, uncovered, on high for 4 to 5 minutes or till heated through, rearranging once.

continued on page 176

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Hot Potatoes

continued from page 174

Make-ahead directions: Prepare and stuff the potatoes as directed. Wrap each stuffed potato in heavy-duty foil or place potatoes in a freezer container. Seal tightly, label, and freeze for up to 3 months. To reheat, unwrap frozen potatoes. Bake in a 375° oven about 45 minutes or till heated through.

Nutrition facts per serving: 309 cal., 12 g total fat (8 g sat. fat), 38 mg chol., 165 mg sodium, 41 g carbo., 1 g fiber, and 9 g pro. Daily Value: 13% vit. A, 42% vit. C, 11% calcium, and 16% iron.

OLIVE POTATO FRITTATA

Toss a fresh green salad to serve with this Spanish-style dinner omelet.

- 2 Tbsp. olive oil or cooking oil
- 2 medium (11 oz.) potatoes, such as long white, round white, round red, or yellow, thinly sliced (2 cups)
- 1 medium onion, cut into thin wedges
- 2 cloves garlic, minced
- ½ tsp. salt
- ¼ tsp. pepper
- 8 eggs
- 2 Tbsp. snipped fresh oregano or 1 tsp. dried oregano, crushed
- ½ cup sliced pitted ripe olives
- ¼ cup finely shredded provolone or Parmesan cheese

In a 10-inch broilerproof or regular skillet heat oil; add potatoes, onion, garlic, *¼ teaspoon* of the salt, and the pepper. Cover and cook over medium heat for 5 minutes. Turn potato mixture with a spatula. Cover and cook for 5 to 6 minutes more or till potatoes are tender, turning mixture once more.

In a medium mixing bowl beat together eggs, oregano, and the remaining salt. Pour egg mixture over hot potato mixture. Sprinkle with olives. Cook over medium heat.



A frittata is similar to an omelet, except it isn't folded over a filling; the "filling" is mixed in with the eggs. Cook the egg mixture till almost set, then broil quickly.

As the mixture sets, run a spatula around the edge of the skillet, lifting egg mixture to allow the uncooked portion to flow underneath (see photo, above). Continue cooking and lifting edges till egg mixture is almost set (the surface will be moist).

Place the broilerproof skillet under the broiler 4 to 5 inches from the heat. Broil for 1 to 2 minutes or till top is set. (Or, if using a regular skillet, remove the skillet from the heat; cover and let stand for 3 to 4 minutes or till the top is set.) Sprinkle the top with finely shredded provolone or Parmesan cheese. Serve immediately. To serve, cut the frittata into wedges. Makes 4 main-dish servings.

Nutrition facts per serving: 340 cal., 21 g total fat (6 g sat. fat), 431 mg chol., 671 mg sodium, 21 g carbo., 2 g fiber, and 17 g pro. Daily Value: 21% vit. A, 19% vit. C, 11% calcium, and 20% iron.

OVEN-ROASTED POTATOES AND VEGETABLES

Mix and match fall vegetables for a colorful combination.

- 1 lb. tiny new potatoes, halved, or 3 medium (1 lb.) potatoes, such as russet, yellow, or sweet potatoes, cut into 1½-inch pieces
- 6 small carrots or parsnips, peeled and sliced into 1½-inch pieces, or 2 cups peeled winter squash, cut into 1-inch pieces
- 2 turnips, peeled and cut into 1-inch pieces
- 2 fennel bulbs, cut into wedges, or 6 stalks celery, sliced ½ inch thick (3 cups)
- 1 medium red onion, cut into wedges
- ¼ cup balsamic vinegar
- 3 Tbsp. olive oil or cooking oil
- 1 tsp. sugar
- 1 tsp. fennel seed, crushed, or dried rosemary, crushed
- ½ tsp. salt
- ¼ tsp. pepper
- Fresh rosemary (optional)

Lightly grease a 15½x10½x2-inch roasting pan. In the pan combine regular or sweet potatoes, carrots or parsnips, turnips, fennel or celery, and onion wedges.

In a small mixing bowl stir together balsamic vinegar, olive oil or cooking oil, sugar, crushed fennel seed or rosemary, salt, and pepper; drizzle over vegetables.

Bake, uncovered, in a 450° oven for 45 to 50 minutes or till potatoes and onion wedges are tender, stirring twice during baking.

To serve, transfer the hot vegetables to a serving bowl. If desired, garnish with fresh rosemary. Makes 8 to 10 side-dish servings.

Nutrition facts per serving: 151 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 197 mg sodium, 25 g carbo., 3 g fiber, and 3 g pro. Daily Value: 96% vit. A, 30% vit. C, 3% calcium, and 9% iron.

BUFFALO FRIES

Come party time, make a double batch of the fries and give your guests the choice of all three sauces.

- 3 medium (1 lb.) potatoes, such as russet, or ½ of a 32-oz. pkg. frozen french-fried potatoes
- 2 Tbsp. margarine or butter
- ¼ to ½ tsp. ground red pepper
- ½ tsp. salt (optional)
- 1 recipe Creamy Blue Cheese Sauce, Honey-Mustard Dip, and/or Italian Red Sauce

continued on page 178

If it takes the impossible to please your family, here's the recipe.

IMPOSSIBLE CHEESEBURGER PIE.

Impossibly easy because it makes its own crust.

Heat oven to 400° Prep time: 13 min Bake time: 25 min

1 lb ground beef
1 cup chopped onion
1/2 tsp salt
1 cup shredded Cheddar cheese

COOK ground beef and onion; drain. Stir in salt. Spread in greased 9" pie plate; sprinkle with cheese.

1 cup milk
1/2 cup Bisquick® baking mix
2 eggs

STIR remaining ingredients with fork until blended. Pour into plate.

BAKE 25 min or until knife inserted in center comes out clean. 8 servings.



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Hot Potatoes

continued from page 176

If using fresh potatoes, cut the unpeeled potatoes lengthwise into ½-inch-wide strips. To prevent the cut sides from browning, rinse the potato sticks in ice-cold water; drain. Pat the potato sticks dry with paper towels. Arrange fresh potato sticks or frozen french-fried potatoes on a greased 15x10x1-inch baking pan. Set aside.

In a custard cup combine margarine or butter and red pepper. In a microwave oven cook, covered with waxed paper, on 100% power (high) for 30 to 60 seconds or till margarine is melted. (Or, combine the margarine and red pepper in a small saucepan. Heat and stir over low heat till melted.)

Brush the melted margarine mixture onto potatoes. Sprinkle with salt, if desired. Bake fresh potatoes in a 450° oven about 25 minutes or till tender and golden, turning frequently with a spatula to brown on all sides (see photograph, below).



Use a spatula to turn the potato sticks during baking so they brown evenly.

(Or, bake the frozen potatoes according to the package directions.) Serve the potato sticks warm with desired dipping sauces. Makes 6 to 8 appetizer servings.

Nutrition facts per potato serving: 113 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 51 mg sodium, 18 g carbo., 1 g fiber, 2 g pro. Daily Value: 5% vit. A, 18% vit. C, 6% iron.

Creamy Blue Cheese Sauce: In a small mixing bowl stir together ½ cup plain yogurt or dairy sour cream and one 3-ounce package cream cheese, softened. Beat with an electric mixer on medium speed till the mixture is fluffy. Stir in ⅓ cup crumbled blue cheese. Cover and chill till ready to serve. Before serving, if necessary, stir in 1 to 2 tablespoons milk to thin the sauce to dipping consistency. Spoon into a serving bowl. Makes 1 cup.

Nutrition facts per tablespoon: 33 cal., 3 g total fat (2 g sat. fat), 8 mg chol., 60 mg sodium, 1 g carbo., 0 g fiber, 1 g pro. Daily Value: 3% vit. A, 0% vit. C, 2% calcium, 0% iron.

Honey-Mustard Dip: In a small mixing bowl stir together ½ cup reduced-calorie or regular mayonnaise or salad dressing, 4 teaspoons Dijon-style mustard, and 1 tablespoon honey. Serve warm or cold. To serve warm, in a microwave oven cook, covered with waxed paper, on 100% power (high) for 30 seconds or till heated through. (Or, place dip in a small saucepan. Heat and stir over low heat till dip is heated through.) Stir before serving. Spoon into a serving bowl. Makes ½ cup.

Nutrition facts per tablespoon: 61 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 173 mg sodium, 3 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, 0% iron.

Italian Red Sauce: In a 2-cup glass measure combine one 8-ounce can stewed tomatoes; ¼ cup tomato paste; ½ teaspoon dried Italian seasoning, crushed; and ⅛ teaspoon garlic powder. Cut up any large pieces of tomato. In a microwave oven cook, uncovered, on 100% power (high) for 2 to 3 minutes or till hot. (Or, place sauce in a small saucepan. Heat and stir over medium heat till hot.) Spoon into a serving bowl. Garnish with fresh herbs, if desired. Makes 1¼ cups.

Nutrition facts per tablespoon: 6 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 38 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Value: 1% vit. A, 3% vit. C, 0% calcium, 0% iron.

FIVE-SPICE PORK WITH SWEET POTATO PATTIES

Short on time? Buy stir-fry meat strips and substitute frozen hash brown potato patties for the Sweet Potato Patties. Prepare the hash browns according to the package directions.

- 1 lb. lean boneless pork
- ½ cup water
- 3 Tbsp. soy sauce
- 3 Tbsp. rice vinegar
- 1 Tbsp. brown sugar
- 4 tsp. cornstarch
- ½ tsp. five-spice powder or 1 tsp. grated gingerroot
- ¼ tsp. pepper
- 1 Tbsp. cooking oil
- 2 cloves garlic, minced
- 2 cups fresh pea pods or one 6-oz. pkg. frozen pea pods, thawed
- 1 medium red or green sweet pepper, cut into strips
- ½ of a 10-oz. pkg. frozen whole baby corn, thawed; ½ of a 15-oz. can whole baby corn, drained; or ½ of a 14-oz. can stir-fry corn, drained
- 1 recipe Sweet Potato Patties (see recipe, page 180)
- Fresh chives (optional)

Trim fat from pork. Partially freeze the pork. Thinly slice the firm meat across the grain into thin bite-size strips.

For sauce, in a small mixing bowl stir together water, soy sauce, rice vinegar, brown sugar, cornstarch, five-spice powder or gingerroot, and pepper; set aside.

Pour cooking oil into a wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry garlic in hot oil for 15 seconds. Add fresh pea pods (if using), pepper strips, and baby corn. Stir-fry for 2 to 3 minutes or till vegetables are crisp-tender. Remove vegetables from wok.

Add *half* of the pork to the hot wok. Stir-fry for 2 to 3 minutes or till no pink remains. Remove from wok. Repeat with remaining pork.

continued on page 180

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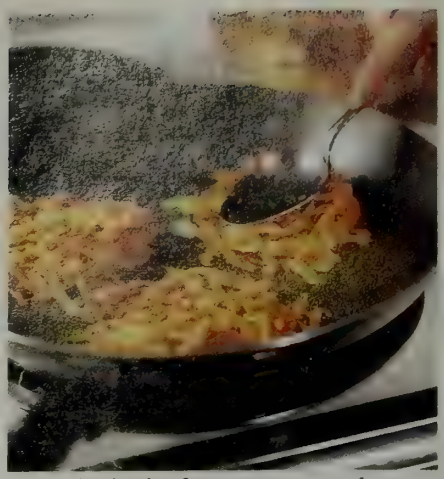
Hot Potatoes

continued from page 178

Return all of the cooked pork strips to the wok or skillet. Push the pork from the center of the wok. Stir sauce. Pour the sauce into the center of the wok. Cook and stir till thickened and bubbly.

Return the cooked vegetables to the wok. Add frozen pea pods (if using). Stir gently to coat the mixture with sauce. Cook and stir about 1 minute more or till heated through. Serve immediately with Sweet Potato Patties. If desired, garnish each serving with fresh chives. Makes 4 main-dish servings.

Nutrition facts per serving with 3 patties: 495 cal., 27 g total fat (6 g sat. fat), 158 mg chol., 1,128 mg sodium, 39 g carbo., 6 g fiber, 25 g pro. Daily Value: 212% vit. A, 137% vit. C, 6% calcium, 21% iron.



Using the back of a spoon, spread potato mounds to make circles that are about 3½ to 4 inches in diameter.

SWEET POTATO PATTIES

These crispy patties are great served with chicken also.

- 3 medium (1 lb.) sweet potatoes
- 2 beaten eggs
- 1 medium onion, chopped
- ½ tsp. salt
- Cooking oil

Wash and peel sweet potatoes. In a food processor fitted with a medium shredding disk, coarsely shred the sweet potatoes. (Or, shred the sweet potatoes by hand with a shredder.) You should have about 4 cups shredded sweet potato. In a large mixing bowl combine shredded sweet potato, eggs, onion, and salt.

In a large skillet heat about ¼ inch cooking oil over medium heat. For *each* patty, spoon about *¼ cup* of potato mixture into the hot oil. Spread to make a circle about 3½ to 4 inches in diameter (see photo, left). Fry sweet potato patties, 2 or 3 at a time, for 1½ to 2 minutes on each side or till brown. Drain on paper towels.

To keep patties warm, arrange cooked patties in a single layer on a baking sheet; keep in a 300° oven, uncovered, for up to 60 minutes. Serve with Five-Spice Pork. Makes 12 patties.

This has fat.



This has none.



Nutrition facts per patty: 86 cal., 5 g total fat (1 g sat. fat), 36 mg chol., 103 mg sodium, 8 g carbo., 1 g fiber, 2 g pro. Daily Value: 65% vit. A, 12% vit. C, 1% calcium, 1% iron.

CHUNKY HAM AND POTATO CHOWDER

Fresh spinach leaves make a tasty alternative to the basil in this creamy, delicate soup.

- ½ cup sliced leek or coarsely chopped onion
- 1 Tbsp. margarine or butter
- 2 tsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- 3 cups milk
- 1½ cups coarsely chopped fully cooked lean ham or smoked turkey
- 1 cup instant mashed potato buds or flakes
- ¼ cup loosely packed torn fresh basil leaves (optional)
- Cracked black pepper

In a 2-quart saucepan cook leek or onion in hot margarine or butter till tender but not brown. Stir in fresh or dried thyme, salt, and pepper. Add milk all at once. Cook and stir over medium heat till the mixture is heated through.

Stir in ham or turkey, potato buds or flakes, and basil leaves, if desired. Cook and stir till the mixture is slightly thickened. If necessary, stir in additional milk to thin to desired consistency. Sprinkle each serving with cracked pepper. Makes 6 side-dish servings.

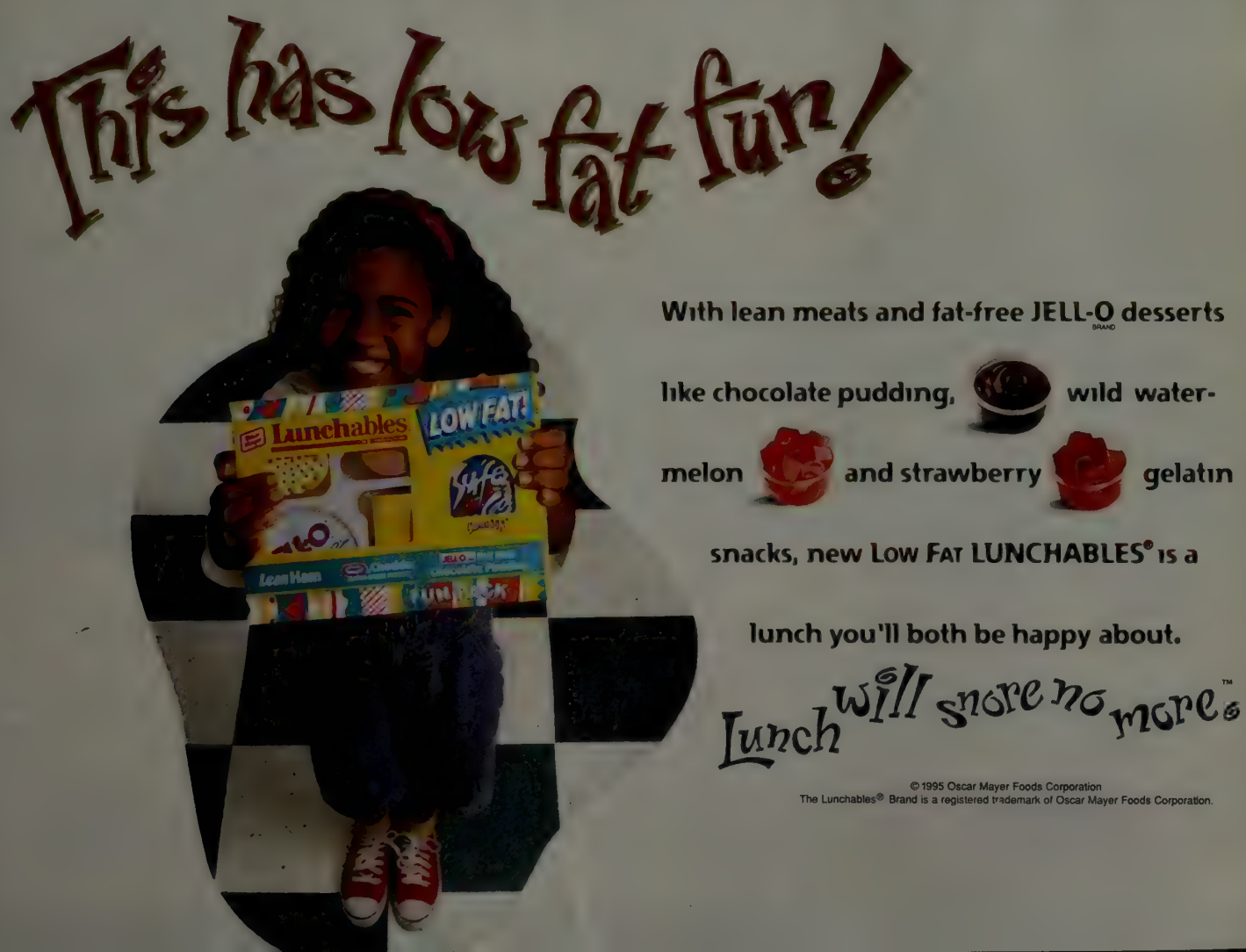
Nutrition facts per serving: 105 cal., 6 g total fat (2 g sat. fat), 28 mg chol., 604 mg sodium, 15 g carbo., 1 g fiber, and 12 g pro. Daily Value: 10% vit. A, 27% vit. C, 13% calcium, and 7% iron.

NACHO POTATO SKINS

These Tex-Mex skins are lower in fat and calories than regular potato skins because they're broiled instead of fried in oil.

- 6 medium (2 lb.) potatoes, such as russet
- ¼ cup margarine or butter, melted
- ¼ tsp. seasoned salt
- Ground red pepper
- 4 oz. Colby and Monterey Jack cheese, cheddar cheese, or Monterey Jack cheese with peppers, shredded (1 cup)
- Whole red chili pepper (optional)
- Fresh cilantro sprig (optional)
- Desired toppers, such as chopped avocado, dairy sour cream, salsa, guacamole, chopped tomato, sliced pitted ripe olives, or snipped fresh cilantro (optional)

continued on page 182



READY SET DINNER

Free Meal-Planning Software

Simplify the dinner experience by ordering your FREE (plus a $3.99 shipping and handling fee) copy of READY, SET, DINNER. This meal-planning software, produced by The Potato Board, includes:

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4 MB hard disk storage
13" monitor
(*Preferred:* Super VGA monitor and sound card)

For more cyber-spud recipes, check for potatoes on the eGG on America Online and at the Ketchum Kitchen: http://www.recipe.com

Potatoes
AMERICA'S FAVORITE VEGETABLE

Hot Potatoes

continued from page 181

Use a vegetable brush to thoroughly scrub potatoes. Pat dry. If desired, for soft skins, rub with shortening, margarine, or butter; prick potatoes with a fork. (Or, if desired, for moist skins, skip the shortening rub. Prick potatoes; wrap each in foil.)

Bake potatoes in a 425° oven for 40 to 60 minutes or till tender. (Or, micro-cook on 100% power (high) for 15 to 20 minutes or till tender.) Cut lengthwise into quarters. Scoop out the potato pulp, leaving ¼-inch-thick shells. Reserve the potato pulp for another use, such as mashed potatoes.

Brush both sides of the potato skins with the ¼ cup margarine or butter. Sprinkle the insides of the potato pieces with seasoned salt and ground red pepper. Place potato pieces, skin side up, on the unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 3 minutes.

Turn potato pieces skin side down. Sprinkle with shredded cheese. Broil for 2 minutes more. Arrange the potato pieces on a heated serving platter. If desired, garnish with a red chili pepper and a cilantro sprig; serve with desired toppers. Makes 24 appetizer servings.

Nutrition facts per serving without toppers: 74 cal., 3 g total fat (0 g sat. fat), 4 mg chol., 65 mg sodium, 9 g carbo., 0 g fiber, and 2 g pro. Daily Value: 3% vit. A, 9% vit. C, 3% calcium, and 3% iron.

HOT POTATO SALAD NIÇOISE

Team this sensational salad entrée with a loaf of crusty French bread.

- 6 small or 4 medium potatoes (1¼ lb.), such as round red, long white, or round white
- 8 to 10 oz. fresh green beans, trimmed, or one 9-oz. pkg. frozen whole green beans
- 1 medium onion, finely chopped (½ cup)
- 1 Tbsp. cooking oil
- 1 Tbsp. cornstarch
- 1 Tbsp. sugar
- ½ tsp. salt
- ½ tsp. celery seed
- ⅛ tsp. pepper
- 1 cup water
- ½ tsp. finely shredded lemon peel
- ¼ cup lemon juice
- 4 cups torn mixed greens
- 1 6½-oz. can chunk white tuna (water pack), drained and flaked, or one 8-oz. fresh or frozen tuna steak, cooked* and flaked
- 4 medium radishes
- ¼ cup pitted ripe olives
- 2 hard-cooked eggs, quartered (optional)

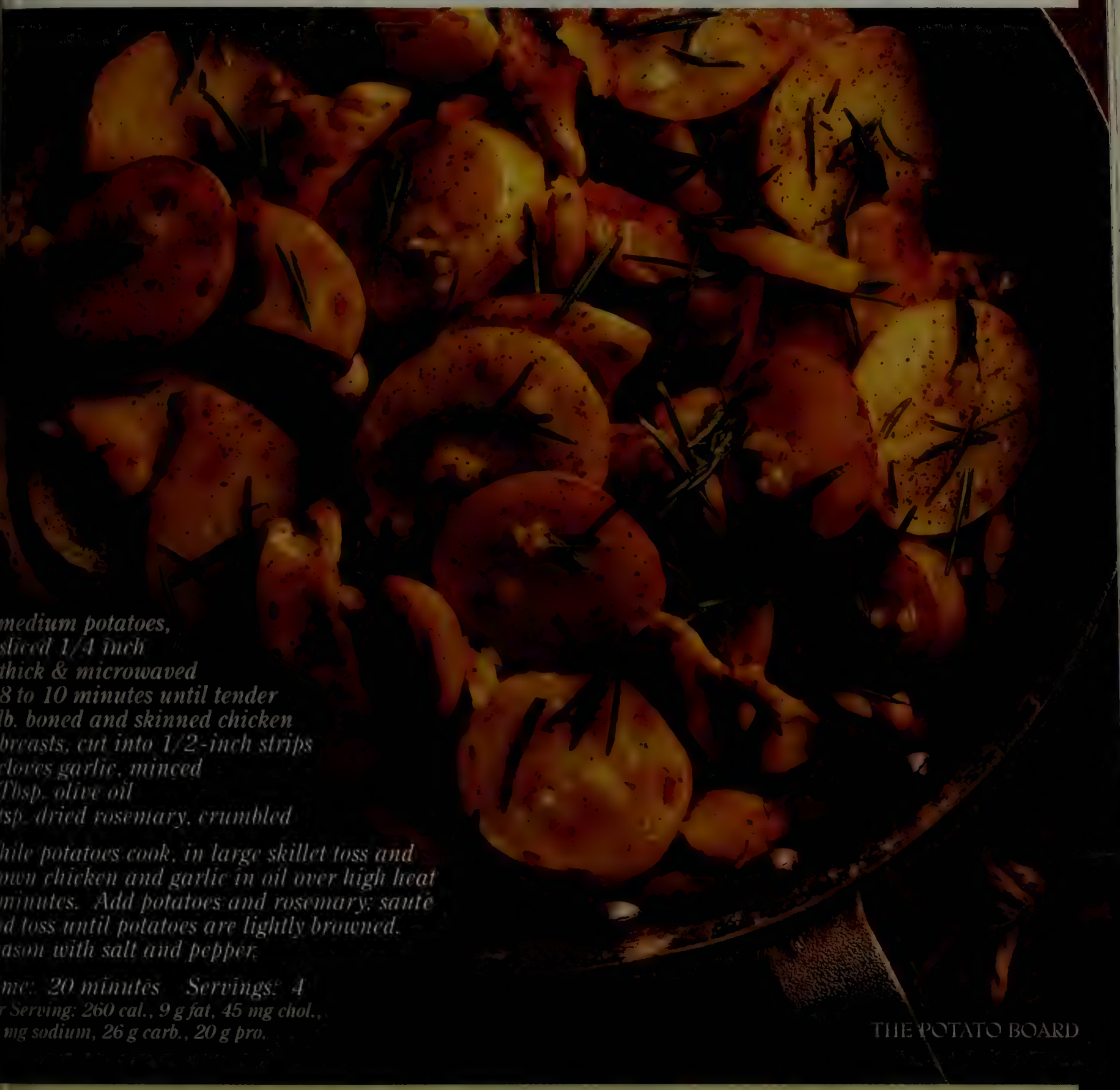
In a large covered saucepan cook potatoes and fresh beans (if using) in boiling salted water for 20 to 25 minutes or till just tender. (If using frozen beans, begin cooking potatoes and add beans to the saucepan to cook for the time recommended on the package). Drain well. Cool slightly. Slice potatoes. Set aside while preparing dressing.

continued on page 185

"If beef is the King of meat, the potato is the Queen of the garden world."

—Irish proverb

One-Pan Potatoes and Chicken Rosemary



medium potatoes, sliced 1/4 inch thick & microwaved 8 to 10 minutes until tender
lb. boned and skinned chicken breasts, cut into 1/2-inch strips
cloves garlic, minced
Tbsp. olive oil
tsp. dried rosemary, crumbled

hile potatoes cook, in large skillet toss and own chicken and garlic in oil over high heat minutes. Add potatoes and rosemary; sauté d toss until potatoes are lightly browned. ason with salt and pepper.

me: 20 minutes Servings: 4
r Serving: 260 cal., 9 g fat, 45 mg chol., mg sodium, 26 g carb., 20 g pro.

THE POTATO BOARD

AMERICA'S Potatoes FAVORITE VEGETABLE


ROUND WHITE


RED


LONG WHITE


RUSSET

The Best Way To Wrap Sandwiches Is Finally Out Of The Bag.



Unlike plastic zipper bags, Reynolds Wrap® holds sandwiches together with a custom fit. So Reynolds Wrap® really keeps your sandwich *sandwiched.*



Reynolds has it all wrapped up.

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Hot Potatoes

continued from page 182

For dressing, in a large skillet cook onion in hot oil till tender but not brown. Stir in cornstarch, sugar, salt, celery seed, and pepper. Stir in water, lemon peel, and lemon juice. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Set aside *half* of the dressing.

Add potatoes to remaining dressing in skillet. Toss gently to coat. Cover and cook for 2 to 3 minutes more or till heated through, stirring gently. Season to taste.

To serve, divide greens among 4 plates. Arrange potatoes, beans, tuna, radishes, and olives on greens. Drizzle with reserved dressing. Garnish with hard-cooked egg, if desired. Makes 4 main-dish servings.

***Note:** To cook tuna, you can grill, poach, or broil. To grill, place on a grill rack, directly over *medium* coals. Grill for 4 to 6 minutes for each ½ inch thickness or till fish flakes easily. Turn fish once during grilling.

To poach tuna steak, add 1½ cups water, wine, or broth to a large skillet. Bring to boiling. Add fish; return to boiling. Reduce heat. Simmer, covered, for 4 to 6 minutes for each ½ inch thickness of fish.

To broil fish, preheat broiler. Place fish on the greased unheated rack of a broiler pan. Brush with melted margarine or butter or cooking oil. Broil 4 inches from the heat for 4 to 6 minutes for each ½ inch thickness.

Nutrition facts per serving: 302 cal., 6 g total fat (1 g sat. fat), 19 mg chol., 506 mg sodium, 46 g carbo., 4 g fiber, and 18 g pro. Daily Value: 6% vit. A, 58% vit. C, 6% calcium, and 25% iron.

SAUSAGE-POTATO LASAGNA

Letting the lasagna stand 10 minutes after baking allows it to set up so you can cut even pieces.

- ½ lb. bulk Italian sausage or ground turkey sausage
- 2 cups sliced fresh mushrooms
- 4 medium (1¼ lb.) potatoes, such as long white, round white, round red, or yellow, peeled and thinly sliced (4 cups)
- 1 beaten egg
- 1½ cups ricotta cheese or cream-style cottage cheese, drained
- ¼ cup grated Parmesan or Romano cheese
- 1 10-oz. pkg. frozen chopped spinach, thawed and well drained
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 Tbsp. margarine or butter
- 2 Tbsp. all-purpose flour
- ¼ tsp. ground nutmeg
- 1½ cups milk
- 1 cup shredded mozzarella cheese (4 oz.)



Top the first layer of cheese with a thin layer of sliced, partially cooked potatoes.

In a 10-inch skillet cook sausage and mushrooms till meat is brown. Drain off fat.

In a large saucepan cook sliced potatoes, covered, in boiling water for 5 minutes (they won't be thoroughly cooked). Drain; set aside.

For filling, stir together egg, ricotta or cottage cheese, and Parmesan or Romano cheese. Stir in spinach.

For sauce, in a medium saucepan cook onion and garlic in hot margarine or butter till onion is tender but not brown. Stir in flour and nutmeg. Add milk all at once. Cook and stir till thickened and bubbly.

continued on page 190

Out-Of-The-Bag Sandwiches From Reynolds Wrap.



These hearty sandwiches are too much for a sandwich bag. So wrap them fresh and tight in Reynolds Wrap® aluminum foil.

NUTTY HAM AND CHEESE

- 1 sub roll (8-inch), split
- 3 Tbsp cream cheese, softened
- 2 Tbsp coarsely chopped pecans
- 2 Tbsp chopped green onion
- ⅛ tsp garlic salt
- 2 leaves curly lettuce
- 4 oz sliced ham
- 2 slices Swiss cheese, halved diagonally
- ⅓ cup alfalfa sprouts
- Reynolds Wrap aluminum foil

Combine cream cheese, pecans, green onion and garlic salt; spread on roll. Layer ingredients in order listed. Wrap in Reynolds Wrap aluminum foil.

SMOKEHOUSE CALIFORNIAN

- 2 slices whole grain bread
- 2 Tbsp mayonnaise
- 1 Tbsp thick & chunky salsa, drained
- 6 fresh spinach leaves
- 2 slices tomato
- 3 oz sliced smoked turkey
- 2 slices Cheddar cheese
- 2 slices cooked turkey bacon
- ½ medium avocado, sliced
- Reynolds Wrap aluminum foil

Combine mayonnaise and salsa; spread on bread. Layer ingredients in order listed. Wrap in Reynolds Wrap aluminum foil.

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ASHTON-DRAKE 96501-D81200

9200 North Maryland Ave., Niles, Illinois 60714-1397

Hot Potatoes

continued from page 185

Layer *half* of the potatoes in a greased 2-quart rectangular baking dish. Top with *half* of the spinach filling. Top with *half* of the meat mixture, *half* of the sauce, and *half* of the mozzarella cheese. Repeat layers (see photo, page 185), except reserve remaining cheese.

Cover with foil and bake in a 350° oven about 35 minutes or till potatoes are tender. Uncover; sprinkle remaining cheese atop and bake for 5 minutes more or till cheese is melted. Let stand for 10 minutes. Makes 6 to 8 main-dish servings.

Nutrition facts per serving: 436 cal., 22 g total fat (10 g sat. fat), 95 mg chol., 616 mg sodium, 34 g carbo., 2 g fiber, 26 g pro. Daily Value: 46% vit. A, 23% vit. C, 41% calcium, 15% iron.

AMERICA'S BEST POTATO TOPPERS

Pricking the potatoes allows the steam that builds up during baking to escape and keeps the potatoes from bursting.

Use a vegetable brush to thoroughly scrub four 6- to 8-ounce baking potatoes. Pat dry. If desired, for soft skins, rub with shortening, margarine, or butter; prick potatoes with a fork. (Or, if desired, for moist skins, skip rubbing. Prick potatoes; wrap each in foil.)

Bake in a 425° oven for 40 to 60 minutes or till tender. Roll each potato on a hard surface to loosen skin. Cut a crisscross in tops with a knife. Press in and up on ends. Serve as directed with desired topper.

Microwave directions: Scrub four 6- to 8-ounce baking potatoes. Pat dry and prick. Do not rub with shortening, margarine, or butter. On a plate arrange potatoes in a spoke fashion. Micro-cook, uncovered, on 100% power (high) for 14 to 17 minutes or till tender, rearranging and turning potatoes once. Let stand for 5 minutes. Continue as directed.

Grilling directions: Prick potatoes; wrap each in heavy foil. Grill wrapped potatoes on an uncovered grill directly over *medium-slow* coals for 1 to 2 hours or till tender. Continue as directed.

Santa Fe Chicken Topper: In a 1-quart saucepan combine ¾ cup tomato sauce and ½ cup salsa; bring to boiling. In another saucepan combine 1 cup cubed fully cooked chicken; one 8-ounce can whole kernel corn, drained; and ¼ cup thinly sliced green onion. Heat through. Spoon the chicken-corn mixture atop baked potatoes. Top with sauce and ½ cup shredded Colby and Monterey Jack or Monterey Jack cheese with peppers (2 ounces). Makes 4 main-dish servings.

"Be eating one potato, peeling a second, have a third in your fist, and your eye on a fourth."

—Irish proverb

Nutrition facts per serving: 377 cal., 10 g total fat (4 g sat. fat), 48 mg chol., 732 mg sodium, 55 g carbo., 3 g fiber, and 21 g pro. Daily Value: 19% vit. A, 81% vit. C, 12% calcium, and 26% iron.

Farmer's Market Topper: In an 8-inch skillet melt 1 tablespoon margarine or butter. Cut 2 medium zucchini or yellow summer squash in half crosswise; thinly slice (you should have 2 cups). Add to saucepan along with 1 cup sliced fresh mushrooms, ¼ cup thin red onion wedges, and ¼ teaspoon salt. Cook, uncovered, till onion is tender but not brown and liquid is evaporated. Stir together one 8-ounce carton plain low-fat yogurt, 1 tablespoon snipped fresh thyme or savory, 1 tablespoon snipped fresh parsley, and ½ teaspoon celery seed. Spoon atop potatoes. Top with hot vegetable mixture. Makes 4 main-dish servings.

Nutrition facts per serving: 256 cal., 4 g total fat (1 g sat. fat), 3 mg chol., 223 mg sodium, 48 g carbo., 2 g fiber, 8 g pro. Daily Value: 6% vit. A, 50% vit. C, 11% calcium, 19% iron.

Thai Beef Topper: Partially freeze 12 ounces beef round steak; bias-slice into bite-size strips. Pour 1 tablespoon cooking oil into a wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry beef in hot oil for 2 to 3 minutes or till slightly pink. Add ½ cup bottled stir-fry sauce, ½ cup water, and a few dashes bottled hot pepper sauce. Add 2 cups frozen stir-fry vegetables. Stir-fry for 3 to 4 minutes or till hot. Spoon atop potatoes. Top with chopped cashews or peanuts. Makes 4 main-dish servings.

Nutrition facts per serving: 434 cal., 12 g total fat (3 g sat. fat), 55 mg chol., 860 mg sodium, 54 g carbo., 2 g fiber, and 28 g pro. Daily Value: 46% vit. A, 75% vit. C, 3% calcium, and 29% iron.

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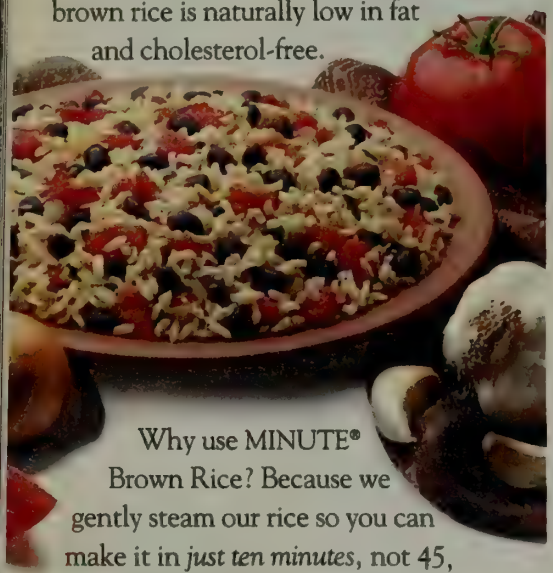
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the clever cook

Each month in this column, you'll find tips from other good cooks. See below to find out how you can earn money for sharing your cooking secrets.

MARINADE RECYCLING

Save the oil from a jar of marinated artichoke hearts. It's full of flavor and really delicious when used instead of the oil in salad dressings. Or, sauté vegetables in it instead of using margarine or butter.

Marie Billings, Yankton, S.D.

FUN LUNCHES FOR KIDS

To add a special touch to packed lunches, I decorate the plastic storage bags with colorful stickers. Even carrot sticks look great with a teddy bear, rainbow, or Santa Claus stuck on the bag!

Debi Brooks, Buchanan, Mich.

KIDDIE COOKING CORNER

Give your child a work space or "kitchen." Set aside a low drawer or cabinet in a kitchen corner as your child's very own. Stock it with old pots, pans, spoons, and other safe, unbreakable cooking utensils. Then, lay out an old bath mat or rug in the corner. Whenever you cook, your child can "cook" too. Not only will you keep an eye on each other, but you spend time together as well.

Karen Kuebler, Dallas, Texas

MIX-AND-MATCH CEREALS

Coax your family into eating less sugar for breakfast. Encourage everyone to use unsweetened cereals as the bowl filler and presweetened cereals only as a topper.

Denise Jawor, Tinley Park, Ill.

HASH BROWN WAFFLES

For extra-crisp hash brown potatoes without scraping or turning, combine thawed potatoes and beaten egg, allowing 1 egg for every 3 cups of hash brown potatoes. Bake the mixture in a greased waffle baker for 15 to 20 minutes or till golden and crispy. If you like, use the flat side of the waffle baker.

Sharon Kay Lutz, San Francisco, Calif.

AWESOME APPLESAUCE

The next time you make applesauce, use apple cider instead of water and only a minimal amount of sugar. You'll be amazed at the delicious difference in flavor.

Shirley H. Gersony, Dewitt, N.Y.

BABY FOOD ON CALL

Make large homemade portions of your baby's favorite foods, such as plums or potatoes. Puree or mash the fruits or vegetables, then put them in ice cube trays and freeze. When baby is hungry, just grab a cube or two from the freezer and warm it slightly in the microwave oven for a few seconds.

Gail Harris, Memphis, Tenn.

ARE YOU A CLEVER COOK

The food editors of *Better Homes and Gardens®* invite you to send us your niftiest kitchen tips. This month, we are looking for original, clever ideas that relate to holiday entertaining. We will pay $25 for each published tip. Send tips to: The Clever Cook, BH&G Food Dept., 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.

MINUTE RICE-IPES®

RECIPES

I've made this recipe for fifteen years and it's always a big hit!





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CHICKEN AND BROCCOLI STIR-FRY

PREP: 10 MIN. COOK: 15 MIN.

1 TBSP. OIL, 1 LB. BONELESS, SKINLESS CHICKEN BREASTS — CUT INTO STRIPS, 4 CUPS CHOPPED VEGETABLES, 1 1/2 CUPS CHICKEN BROTH, 2 TBSP. EACH SOY SAUCE AND CORNSTARCH, 1 TSP. GARLIC POWDER, 3/4 TSP. GINGER, 4 SERVINGS COOKED MINUTE® ORIGINAL RICE.



- STIR-FRY CHICKEN IN HOT OIL UNTIL BROWNED. ADD VEGETABLES; COOK AND STIR UNTIL TENDER-CRISP.
- MIX BROTH, SOY SAUCE, CORNSTARCH AND SPICES; STIR INTO SKILLET. BRING TO BOIL; BOIL 1 MINUTE. SERVE OVER RICE. MAKES 4 SERVINGS.

Can you believe? Less than 30 minutes!

aste Sharmaine Moody's MINUTE® Rice stir-fry. It's perfect.

ople like Sharmaine Moody write to us every day to tell us how MINUTE® Rice fits into their busy lives. And armaine wrote to tell us how much she loves her quick and easy Chicken & Broccoli Stir-Fry. She makes it with INUTE® Rice, which is perfect in five minutes every time. Sharmaine's family loves it. We think you will, too.

5-Way Chicken Sandwich

Instead of a chicken in every pot, campaign for a chicken in every bun. These grilled chicken sandwiches promise something for everyone—five great flavor combinations in all. Sizzle seasoned chicken breasts under the broiler or on the grill, then add your choice of cheese, spread, and topper. You can't help but win with bodacious barbecue, feisty Cajun, or three other top-vote-getting chicken sandwiches.



Cajun Chicken that kicks is one of your picks.

GRILLED CHICKEN SANDWICH

Choose low-fat condiments and low-fat cheese to skinny the fat in your grilled chicken choice.

- 4 skinless, boneless medium chicken breast halves (about 12 oz. total)
- Olive oil or cooking oil
- ½ to 1 tsp. seasoning
- 4 oz. cheese
- 2 to 4 Tbsp. spread
- Lettuce leaves
- Desired topper
- 4 kaiser or whole wheat buns, split and toasted

Rinse chicken; pat dry. Place each breast half, boned side up, between 2 pieces of clear plastic wrap. Working from center to edges, pound lightly with the flat side of a mallet till chicken is just less than ½ inch thick. Brush with oil; sprinkle with seasoning. Grill or broil as directed.

To grill: Arrange chicken on a grill rack. Grill, uncovered, directly over *medium-hot* coals for 12 to 15 minutes or till no pink remains, turning once. Add cheese the last 2 minutes.

To broil: Arrange the chicken on an unheated broiler pan. Broil 4 to 5 inches from heat for 8 to 10 minutes or till no pink remains, turning once. Add cheese the last minute.

Spoon desired spread onto bottom bun; top with lettuce, chicken, topper, and bun tops. Makes 4 servings.

Cajun Chicken: Season chicken with Cajun seasoning. Top cooked chicken with sliced Monterey Jack cheese with peppers. Spread buns with Thousand Island salad dressing mixed with a few dashes bottled hot pepper sauce. Top with roasted or fresh red sweet pepper strips.

Nutrition facts per serving: 421 cal., 18 g total fat (7 g sat. fat), 72 mg chol., 582 mg sodium, 33 g carbo., 1 g fiber, and 29 g pro. Daily Value: 20% vit. A, 86% vit. C, and 23% calcium, and 20% iron.

Barbecue Chicken: Season chicken with chili powder. Top cooked chicken with cheddar cheese. Place in bun. Spoon barbecue sauce atop. Top with half-slices of cooked bacon and fresh onion rings.

Nutrition facts per serving: 427 cal., 18 g total fat (8 g sat. fat), 77 mg chol., 646 mg sodium, 34 g carbo., 1 g fiber, 31 g pro. Daily Value: 11% vit. A, 23% calcium, 19% iron.

California Chicken: Season chicken with lemon-pepper seasoning. Top cooked chicken with shredded smoked cheddar or Gouda cheese. Spread buns with guacamole. Top with tomato slices.

Nutrition facts per serving: 414 cal., 18 g total fat (7 g sat. fat), 75 mg chol., 720 mg sodium, 33 g carbo., 1 g fiber, 30 g pro. Daily Value: 12% vit. A, 11% vit. C, 22% calcium, 19% iron.

Bistro Chicken: Cook 2 cups sliced fresh mushrooms in 1 tablespoon margarine or butter. Season chicken with fines herbes and a dash salt and pepper. Top cooked chicken with Swiss cheese. Spread buns with creamy Dijon-style mustard blend. Top with mushroom mixture.

Nutrition facts per serving: 432 cal., 18 g total fat (7 g sat. fat), 71 mg chol., 683 mg sodium, 34 g carbo., 1 g fiber, and 31 g pro. Daily Value: 11% vit. A, 3% vit. C, 28% calcium, and 21% iron.

Marinara Chicken: Season chicken with crushed, dried Italian seasoning. Top cooked chicken with mozzarella cheese. Place in a bun. Spoon some pizza sauce atop cheese. Top with thinly sliced zucchini.

Nutrition facts per serving: 360 cal., 12 g total fat (4 g sat. fat), 61 mg chol., 526 mg sodium, 33 g carbo., 0 g fiber, 29 g pro. Daily Value: 8% vit. A, 21% calcium, and 18% iron.

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NOTHING BRINGS OUT THE TASTE LIKE REAL
BUTTER
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Jerusalem Artichokes



They're not native to Jerusalem, nor are they related to artichokes, so what are these knobby root vegetables? Jerusalem artichokes, also called sunchokes, are cousins to sunflowers. They taste similar to globe artichokes. Enjoy them raw, baked, or fried. Or, steam and serve them with the sauce below.

JERUSALEM ARTICHOKES AND PEPPERS

You can also micro-cook the artichokes in a little water for 6 to 8 minutes.

- 1 lb. Jerusalem artichokes
- 1 red sweet pepper, cut into thin strips (1 cup)
- ¾ cup thinly sliced leeks
- ⅔ cup milk
- 2 tsp. cornstarch
- 1 [illegible] instant chicken bouillon [illegible]
- ⅛ tsp. ground nutmeg
- Dash white pepper
- ½ cup shredded Swiss cheese

Scrub artichokes; slice ¼ inch thick. Place a steamer basket in a large saucepan. Add water to just below basket; bring to boiling. Place artichoke, pepper, and leeks in steamer basket. Cover and steam for 8 to 10 minutes or till crisp-tender.

For sauce, in a saucepan combine milk, cornstarch, bouillon, nutmeg, and pepper. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Add cheese; stir over low heat till melted. Serve over vegetables. Makes 6 servings.

Nutrition facts per serving: 123 cal., 3 g total fat (2 g sat. fat), 11 mg chol., 194 mg sodium, 18 g carbo., 2 g fiber, 6 g pro. Daily Value: 61% vit. C, 18% calcium, 16% iron.

HE YOUNG CHEFS ☐ NUMBER SEVEN IN A SERIES.

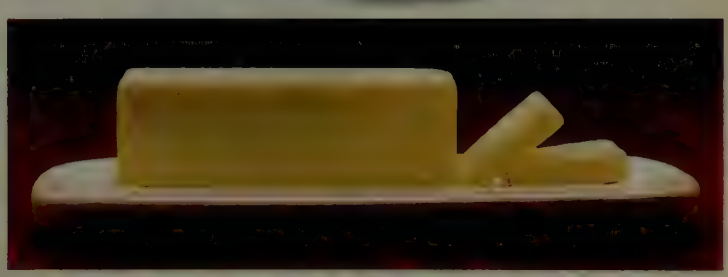
I love the flavor butter brings to my cooking."

Chef Gale Gand, Trio, Evanston, IL



"I can't imagine cooking without it.
Real dairy butter turns spinach pasta into sensational pasta. Here's what I do. I start with sliced fresh tomatoes and then add asparagus, carrots and zucchini. Or simply add your own favorite vegetables to the tomatoes. In the pan, the butter warms everything, mixes with their juices and creates a delicious pasta sauce. It couldn't be easier. Try it yourself at home."



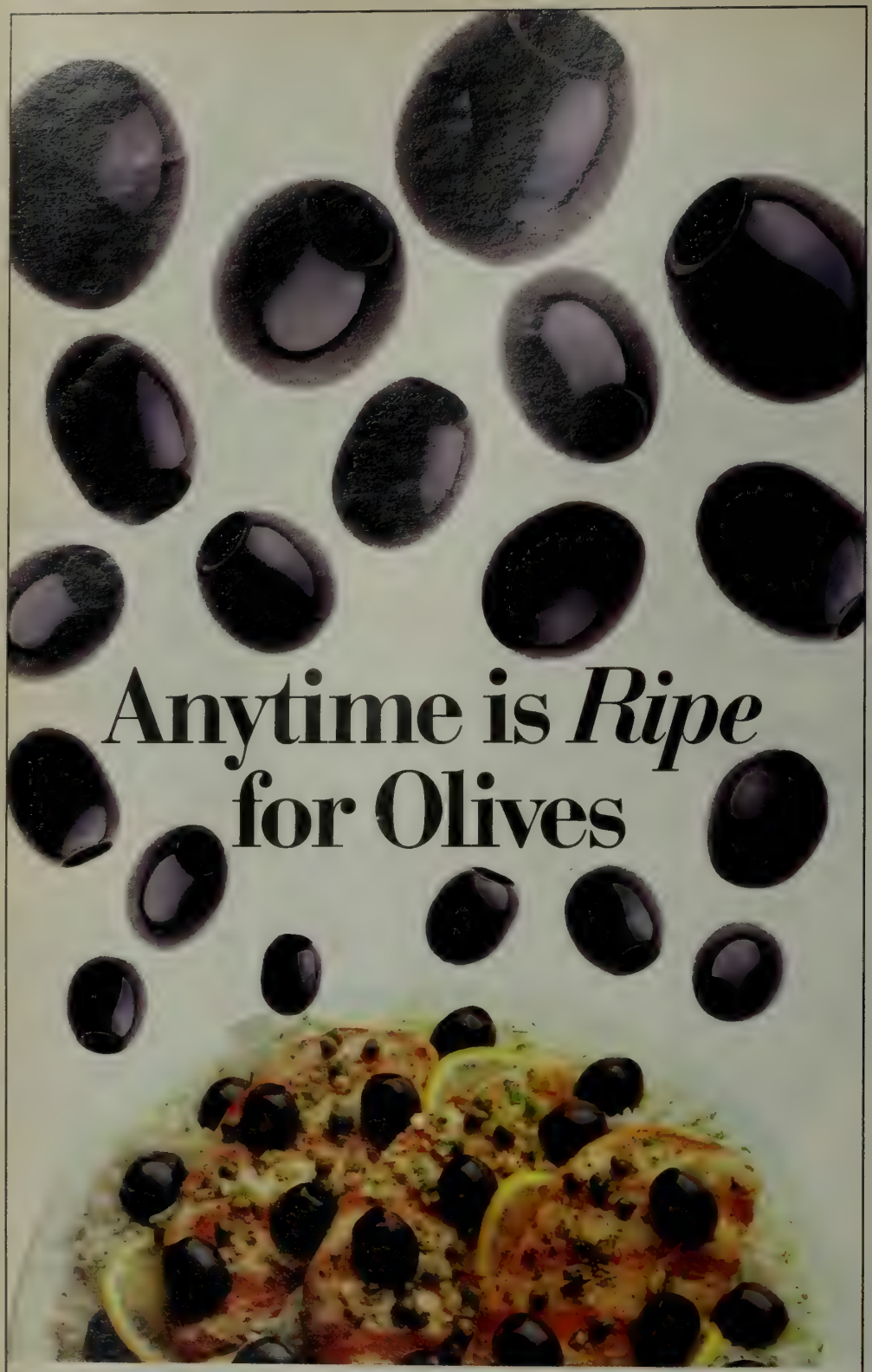


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FOOD

Sparkling Sangria



Celebrate good times with a goblet of crystal-clear sangria.

Sip an old favorite with a new twist. This clear version of sangria uses white wine instead of red, showcasing its floating fruits and offering a lighter flavor.

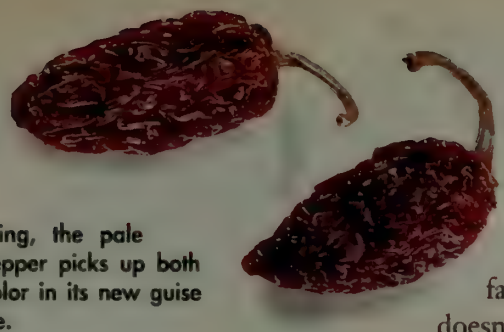
WHITE WINE SANGRIA

- 1 small orange
- 1 red apple
- 1 cup sliced fresh strawberries
- 1 750-ml bottle dry white wine (3¼ cups), chilled
- 2 cups chilled lemon-lime carbonated beverage

Cut the orange in half and cut into thin slices (do not peel); remove any seeds. Cut the apple in half, core, and thinly slice. In a large pitcher combine orange and apple slices and strawberries. Fill pitcher half full with ice. Pour wine and lemon-lime beverage atop. Garnish glasses with whole berries and apple slices, if desired. Serve immediately. Serves 8 to 10.

Nutrition facts per serving: 101 cal., 12 mg sodium, and 10 g carbo.

Sizzlin' Chipotle Peppers



After smoking, the pale jalapeño pepper picks up both heat and color in its new guise as a chipotle.

There's a hot new flavor stampeding onto the range in our homes. It's a smoky, seductively fiery pepper called chipotle. Once you learn to say it (chi-POHT-lay), the hard part is over—using these punchy peppers in your cooking is not only easy, it's downright addictive.

Chipotle is an Indian name for "smoked chili," and that's exactly what this wrinkled, two-inch, tear-shaped pod is—a dried and smoked jalapeño pepper. The smoking process turns pale green jalapeños to a brown to brick-red color and adds rich, smoky overtones to the natural kick of these potent little peppers.

HANDLE WITH CARE

Chipotles are available in Mexican markets and among specialty produce in supermarkets. To use, you'll need to reconstitute these feisty firecrackers. To do so, place peppers in a small bowl and cover with warm water. Let stand 30 minutes, then drain. Wear plastic gloves when preparing the chilies; keep the gloves away from your face and other sensitive areas. You may wish to remove and discard the seeds and veins, for they're even hotter than the flesh itself. After chopping and cooking, thoroughly clean all surfaces and containers so the heat doesn't end up in another dinner.

ENJOY WITH GUSTO

The winning combination of smoky sweetness and forceful heat imparts a distinctive flavor that makes chipotles' former life as jalapeños pale in comparison. In trendy southwestern restaurants, they're complementing roasted vegetables, stews, and pasta. Chipotles also add verve to cornbread, polenta, and marinades for meats. They liven spreads for vegetables and bring spark to salads such as potato, bean, corn, or pasta. Or substitute chipotles for jalapeños and other chilies in favorite recipes that call for hot peppers.





Plump, Juicy, And Fat Free

FOOD

Discover Fresh Persimmons



The bright orange persimmon reigns queen of the fruits in the Far East. In the United States, you can now find the "apple of the Orient" in your supermarket from September through the winter holidays. Depending on the variety, these beauties can have an astringent quality when unripe, but they develop a spicy-sweet flavor when ripe. If you've shied away from these sweet gems because you didn't know what to do with them, read on.

CRASH COURSE ON VARIETIES

Take your pick from two varieties of persimmons: the Hachiya (ha-CHEE-yah) and the Fuyu. Soft, the size of a baseball, and shaped like an acorn, the Hachiya (at right in photo) is the more common of the two. It has no core and very few seeds. The smaller Fuyu (at left in photo) is a bit more rounded like a tomato, with the crisp texture of an apple. The flavor of either may remind you of an apricot or a mango. Look for persimmons that have smooth, bright-orange skins. Avoid green or yellow persimmons; these have been harvested too early.

When shopping, check the fruit's firmness to determine ripeness. When ripe, the Hachiya feels very soft—almost like jelly encased in a thin skin. Make sure the Hachiya is ripe before eating. It will taste bitter and astringent if it's hard and underripe. Ripen the Hachiya by placing it in a closed paper bag at room temperature for three to five days. When ripe, you can keep it refrigerated for up to one month.

The Fuyu remains firm even when ripe. Purchase those with a rich orange color with no traces of yellow. Ripe Fuyus don't need to be refrigerated; they will stay fresh for three to four weeks if kept in a cool place (55°).

Enjoy persimmons as you would an apple eaten right out of hand. Or, cut up persimmons for fruit salads and compotes. You also can puree the pulp, sweeten with a little sugar, and serve it as a sauce for desserts.

PERSIMMONS WITH RUM GLAZE

A simply elegant way to introduce yourself to the fruit.



- 4 ripe persimmons (see note at right)
- 2 Tbsp. brown sugar
- 2 Tbsp. water
- 3 Tbsp. dark rum

If the persimmons have been stored in the refrigerator, let them stand at room temperature about 1 hour before preparing.

If desired, using a sharp knife, cut off stem end of each persimmon. Place persimmon on a dessert plate.

For glaze, in a small, heavy saucepan stir together brown sugar, water, and rum. Cook and stir over low heat about 1 minute or till sugar dissolves. Cool to room temperature. To serve, spoon sauce over persimmons. Makes 4 servings.

Nutrition facts per serving: 168 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 5 mg sodium, 38 g carbo., 3 g fiber, 1 g pro. Daily Value: 36% vit. A, 21% vit. C, 1% calcium, 3% iron.

Note: You can use either a Fuyu or a Hachiya variety for this dessert. The Hachiya (used in the dessert photo at *left*) may be eaten with a spoon. Just scoop the soft flesh right from the skin.

To serve the Fuyu, cut it into smaller pieces. The edible skin is similar to a tomato's, and can be eaten or peeled and discarded. ⌂

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Who else could make a fat free hot dog this plump and juicy? After all, Butterball Fat Free meats are made with 100% Butterball turkey, and that means 100% Butterball taste, fat free! One taste and you'll be a believer.





BUTTERBALL The Best of All is Butterball™

Deliciously...

Garlic Ginger Pork Stir-Fry

ONE POT MEALS

Ingredients

1 tbsp. cornstarch
1 cup orange juice
2 tbsp. soy sauce
1/2 tsp. ground Ginger
2 tsp. **California Style Blend Minced Garlic**
1 tbsp. vegetable oil
1 lb. boneless pork, cut in thin strips
1/4 lb. snow peas, trimmed
1 red pepper, chopped
3 green onions, sliced

Directions

1. In a medium bowl, combine cornstarch, orange juice, soy sauce, Ginger and Garlic. Set aside.
2. Heat oil in large skillet over medium-high heat. Add pork and stir-fry 5 minutes or until lightly browned. Add vegetables; stir-fry 3-5 minutes, or until crisp-tender.
3. Pour orange juice mixture over pork and vegetables. Cook until thickened. Serve over rice, if desired.

Makes 4 servings.

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McCormick/Schilling

Dash: A measurement of an ingredient, such as salt, that equals about half of 1/8 teaspoon.

Fold: To gently combine ingredients using a folding motion. With a spatula, cut down through the mixture, scrape the spatula across the bottom of the bowl, then bring it up and over, close to the surface. Turn the bowl frequently for even distribution.

Knead: To work a dough with the heels of your hands in a pressing and folding motion. Kneading makes the dough smooth and elastic, which helps the dough trap gas bubbles, enabling it to rise.

Mince: To chop food into very small pieces with a knife, blender, or food processor. Minced food pieces are finer than chopped foods.

Partially set: When the consistency of a gelatin mixture resembles unbeaten egg whites after chilling.

Reduce: To boil liquids such as pan juices or sauces rapidly so that some of the liquid evaporates, thickening the mixture.

Score: To cut narrow, shallow grooves or slits across the surface of a food with a sharp knife.

Simmer: To cook liquids to just below the boiling point. Small bubbles will form just below the surface.

Whip: To beat food briskly with a wire whisk, rotary beater, or electric mixer. Whipping incorporates air into the mixture and increases the volume.

FOOD

What's What in Cooking Terms

To make sure your cooking always turns out great, learn these frequently used recipe terms.

Beat: To whip or stir vigorously with a spoon, wire whisk, rotary beater, or electric mixer.

Blend: To process foods in an electric blender; or, to mix two or more ingredients with a fork or spoon until combined.

Braise: To cook food, such as less-tender cuts of meat, slowly in a small amount of liquid in a tightly covered pan on the range top or in the oven.

Butterfly: To cut foods, such as shrimp, through the middle without completely separating the halves, then spread the halves to resemble a butterfly.

Crisp-Tender: To cook vegetables till they're just tender but still somewhat crisp in texture.

...Easy...

Quick Chicken Chili

ONE POT MEAL

Ingredients

1 1/2 lbs. boneless, skinless chicken breast
1 tbsp. vegetable oil
1/2 cup chopped red and green bell peppers
1 can (14 1/2 oz.) chicken broth
1 can (4 oz.) chopped green chilies
1 can (19 oz.) white kidney beans, drained
1 can (11 oz.) corn, drained
1 pkg. (1.25 oz.) **Chili Seasoning**

Optional Garnishes:
Sour Cream, Shredded Monterey Jack cheese, Sliced green onions

Directions

1. Cut chicken into 1-inch cubes. Heat oil in large skillet or Dutch oven over medium-high heat. Sauté chicken 3-5 minutes or until lightly browned.
2. Add remaining ingredients. Bring to a boil; reduce heat and simmer 20 minutes. Serve with sour cream, cheese and green onions if desired.

Makes 4 servings.



McCormick/Schilling

...Recipe...

rb Chicken & Broccoli Sauté

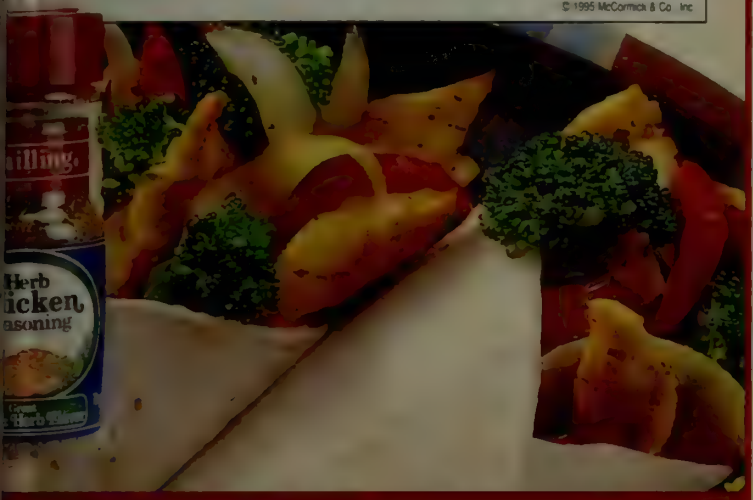
ONE POT MEALS

ngredients
sp. vegetable oil
n. boneless, skinless
hicken breast, cut in strips
mall onion, sliced
d pepper, cut in strips
kg. 16 oz.) frozen
roccoli florets, thawed
up chicken broth
p. Herb Chicken Seasoning
sp. Black Pepper
sp. cornstarch

Directions
1. Heat oil in large skillet over medium-high heat. Sauté chicken 5 minutes or until lightly browned. Add vegetables; sauté 5 minutes.
2. In a separate bowl, combine chicken broth, Herb Chicken Seasoning, Pepper and cornstarch. Pour over chicken and vegetables. Cover and cook over medium heat 5 minutes or until broccoli is tender.
3. Serve rolled in flour tortillas, pita bread, or over rice.

Makes 4 servings.

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McCormick/Schilling

I eat cereal that contains raisins. How much do I need to eat to equal one serving of fruit? About ¼ cup of dried fruit equals a serving. Most cereals with raisins don't contain that much in a normal 1-ounce serving. A better solution would be to top your cereal with sliced banana or fresh berries. Count a serving as ½ cup chopped, shredded, or mashed fruit; 1 cup whole berries; or a small piece of fruit.

I love potatoes but I'm unsure what size potato equals a serving. A small potato (about 4 inches in length) is considered one serving.

My teenage daughter is a strict vegetarian, which makes me worry about her protein intake. Should she eat larger servings of fruits or vegetables to meet her needs? Because vegetables and fruits contain very little protein, serving sizes needn't change for your daughter. But she should certainly add dry beans, rice, nuts, and various grains to her diet to meet her protein needs.

Can I count a canned, bottled, or frozen "fruit drink" as a fruit serving? How much do I need to drink? Beverages that are labeled fruit drinks contain very little real fruit juice but lots of added sugar or other sweeteners. Punches, ades, and fruit sodas do not count either. The only drink that qualifies as a serving of fruit must be 100 percent pure fruit juice. A serving is ¾ cup 100 percent pure fruit or vegetable juice.

FOOD

Fruits and Veggies Get the High Five

Popeye loves spinach, monkeys crave bananas, and rabbits covet lettuce. And you should too. Whatever your produce fancy, strive to eat at least five servings of fruits and vegetables each day to help keep your health at its best. The goal of five servings breaks down to at least three vegetable servings and two fruit servings per day. Our answers to frequently asked questions will help you meet that goal.

Can I count mushrooms on a pizza as a vegetable serving? Technically, if you eat at least ½ cup you can. But more than likely, your serving of pizza doesn't have that many mushrooms. Your wiser choice is to top the pizza with other vegetables, such as sweet peppers, onions, zucchini, or artichoke hearts. Consider ½ cup chopped, shredded, or mashed vegetables as a serving.

...Ideas!

Easy Beef Burgundy

ONE POT MEALS

Ingredients
2 lbs. stew beef
¼ cup flour
2 tbsp. vegetable oil
2 cups water
1 cup red Burgundy wine
1 pkg. (1.5 oz.) Beef Stew Seasoning
¼ tsp. Thyme Leaves
8 oz. fresh mushrooms, quartered
6 carrots, sliced
1 medium onion, coarsely chopped or 1 cup small white onions, cut in half

Directions
1. Cut beef into ½-inch cubes and coat with flour. Heat oil in large skillet or Dutch oven over medium heat. Add beef and brown on all sides.
2. Stir in water, wine, Beef Stew Seasoning and Thyme Leaves. Bring to a boil over medium-high heat, stirring occasionally.
3. Stir in vegetables. Reduce heat; cover and simmer 30 minutes; uncover and simmer 20 minutes or until tender.

Makes 8 servings.

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Flavor up with McCormick/Schilling



Corn Chowder With Fresh Herbs And Smoked Ham

2 cans (14 1/2 oz. each) chicken broth
1/2 cup finely chopped onion
1 medium carrot, finely chopped
1 bay leaf
1 sprig each fresh thyme and tarragon
2 cans (16 oz. each) whole potatoes, drained
2 cans (16 or 17 oz. each) whole kernel corn, drained
1/2 cup half and half
2 cans of pimentos, drained and diced
3 tablespoons chopped parsley
1 cup (4 oz.) julienne-cut smoked ham

In 3-quart saucepan combine broth, onion and carrot. Tie together bay leaf and fresh herbs to make bouquet garni. Add to saucepan and bring to boil; reduce heat and simmer 10 minutes. Remove herbs. Dice enough of the potatoes to make 1 cup; set aside. Add the remaining potatoes and 1 can of the corn to the saucepan; purée with electric blender in batches until smooth. Return to saucepan. Stir diced potatoes, the remaining corn and the half and half into saucepan. Bring to boil, reduce heat and simmer 5 minutes. Stir in pimentos and parsley. Season with pepper, if desired. Ladle into bowls; garnish with ham and additional chopped parsley.

Makes 6 servings (about 8 cups)

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How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Send us recipes that fit the two recipe categories. Then, seven months later, we'll feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Tortilla Ideas: Wrap 'em, stack 'em, roll 'em, or fold 'em. Send in your best tortilla recipes. Enchiladas, sandwiches, nachos, casseroles, and other tortilla dishes qualify.

Spring Side Dishes: Celebrate the season's best produce with recipes using asparagus, artichokes, peas, tender salad greens, and rhubarb.

THIS MONTH'S WINNERS

pages 207 and 208
All won an ALL-CLAD 3-quart saucepan.

$200 Winners
Ellen Burr, Truro, Mass.;
Courtney Sikes, Wilmington, N.C.;

$100 Winners
Stacie Swingle Nunes, New Paltz, N.Y.; Erma Wolf, Iowa City, Iowa

Honor Roll Winners
Sandra DeAmicis, Sacramento, Calif; Valerie Donaldson, Rohnert Park, Calif.; Dolores McSpadden, Grapevine, Texas; Nelita Moorhead, Milford, Pa.; Janice Landvick-Schwartz, Downs, Ill.; Suzanne Yoder, Goshen, Ind.

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name, address, and recipe marked "April Tortilla Ideas" or "April Spring Side Dishes." Specify brands and recipe origin. 3. Address recipes to 9604 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Postmark all entries by September 30, 1995. 5. Monthly winners will be selected about 60 days later, then notified by mail. The annual grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and will be notified by mail. Winners must sign an affidavit and release. 6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law.



What's In A Can Will Surprise You.

What's In A Can Will Surprise You.

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nature gives to over 1500 different foods. So try the recipe on the opposite page for Potato-Corn Chowder, and be sure to use canned potatoes. It promises to be a taste experience you'll long remember.

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Steel

WHAT GOES WITH CHICKEN?





Soy Broiled Chicken Breasts

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PRIZE TESTED RECIPES®

see page 204 for details

$200 WINNER

Ellen Burr, Truro, Mass., in the Pot Pies Category.
September 1995



Santa Fe Pork Pie

Cilantro, spices, and chili peppers give a Southwestern kick to this biscuit-topped pie.

- 1⅓ cups chicken broth
- 3 medium potatoes, peeled and cut into ½-inch cubes (about 3 cups)
- 1 stalk celery, sliced
- 4 cloves garlic, minced
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. dried oregano, crushed
- 1 tsp. dried thyme, crushed
- ½ tsp. celery salt
- 1 lb. boneless pork loin, cut into 1-inch cubes
- 2 Tbsp. cooking oil
- 1 4-oz. can diced green chili peppers, drained
- ¼ cup snipped fresh cilantro
- 1 pkg. (6) refrigerated biscuits

In a medium saucepan combine chicken broth, potatoes, celery, and garlic; bring to boiling. Reduce heat and simmer, covered, for 8 minutes.

Meanwhile, for filling, in a medium mixing bowl combine chili powder, cumin, coriander, oregano, thyme, and celery salt. Add pork cubes; toss to coat. In a large skillet cook pork, half at a time, in hot oil for 4 to 5 minutes or till no pink remains. Drain off fat. Return all meat to skillet. Add potato mixture. Stir in peppers and cilantro. Bring to boiling.

Transfer hot mixture to a 2-quart casserole. Snip each biscuit into 4 pieces; arrange atop hot mixture. Bake, uncovered, in a 425° oven about 15 minutes or till biscuits are golden, covering loosely with foil the last 5 minutes to prevent overbrowning, if needed. If desired, top with dairy sour cream and cilantro. Makes 6 main-dish servings.

Nutrition facts per serving: 286 cal., 12 g fat (3 g sat. fat), 34 mg chol., 731 mg sodium, 31 g carbo., 1 g fiber, 16 g pro. Daily Values: 22% vit. C, 5% calcium, 16% iron.

Photographs: Scott Little

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PRIZE TESTED RECIPES®

see page 204 for details

$200 WINNER

Mr. Courtney Sikes, Wilmington, N.C., in the Sweet Rolls and Breads Category.
September 1995



Key Lime Danish Pastries

Freeze some of these cream-cheese filled buns, then reheat in your microwave oven.

- 6¼ to 6¾ cups all-purpose flour
- 1½ cups granulated sugar
- 2 pkg. active dry yeast
- 1½ tsp. salt
- 1 cup water
- 1 cup milk
- ½ cup margarine or butter
- 1 egg
- 1 8-oz. pkg. cream cheese, softened
- ½ tsp. finely shredded lime peel
- 3 Tbsp. lime juice
- ½ cup sifted powdered sugar
- 1 tsp. margarine or butter, melted

Combine *2 cups* of the flour, *½ cup* of the granulated sugar, yeast, and salt; set aside. In a saucepan combine water, milk, and ½ cup margarine. Heat and stir just till warm (120° to 130°) and butter is almost melted. Add to flour mixture; add egg. Beat for 30 seconds, scraping bowl. Beat for 3 minutes. Stir in as much remaining flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is elastic (6 to 8 minutes total). Shape into a ball. Place in a greased bowl. Cover; let rise in a warm place till double (about 1 hour). Punch down. Turn out onto a floured surface. Divide in half. Cover; let rest for 10 minutes.

For filling, combine cheese, peel, *2 tablespoons* juice, and *½ cup* granulated sugar. For icing, combine powdered sugar, *1 tablespoon* juice, and 1 teaspoon margarine. Set aside.

On a floured surface, roll each portion of dough into a 14x9-inch rectangle. Top with *¼ cup* sugar. Roll up from a long side; seal seams. Cut into 12 slices; arrange 2 inches apart on a lightly greased baking sheet. Make indentations; fill with a scant tablespoon filling. Repeat with remaining dough, sugar, and filling. Bake in a 375° oven for 18 to 20 minutes or till golden. Let stand 2 minutes; top with icing. Serve warm. Makes 24.

Nutrition facts per roll: 245 cal., 8 g total fat (5 g sat. fat), 20 mg chol., 217 mg sodi-

PRIZE TESTED RECIPES®

$100 WINNER

Erma Wolf, Iowa City, Iowa, in the Sweet Rolls and Breads Category.
September 1995



Cherry-Almond Focaccia (foh-CAH-chee-ah)

Flat and round like Italian focaccia bread, this sweet spin-off starts with frozen dough.

- 1 30-oz. pkg. (12 rolls) frozen cinnamon roll dough (with icing packets)
- 1 cup frozen unsweetened pitted tart red cherries, thawed and drained
- ½ cup sifted powdered sugar
- 2 Tbsp. toasted sliced almonds
- ¼ cup granola (no dates or raisins)
- 1 tsp. milk
- ¼ tsp. almond extract

Thaw dough according to package directions. Cut each roll into 4 pieces. Arrange pieces about ½ inch apart on a greased 12-inch pizza pan or 15x10x1-inch baking pan. Gently press pieces together to form a crust. Toss cherries with *¼ cup* powdered sugar; spoon over crust. Top with almonds and granola. Cover; let rise in a warm place 1 hour. Bake in a 375° oven for 20 to 25 minutes or till center is done, covering with foil the last 10 minutes, if necessary. Cool on a rack 10 minutes. Combine icing packets, remaining ¼ cup powdered sugar, milk, and extract; drizzle over bread. Serves 12 to 16.

Nutrition facts per slice: 307 cal., 11 g fat (2 g sat. fat), 6 mg chol., 243 mg sodium, 49 g carbo., 1 g fiber, 5 g pro. Daily Values: 6% vit. A, 0% vit. C, 2% calcium, 9% iron.



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PRIZE TESTED RECIPES®

$100 WINNER

Stacie Swingle Nunes, New Paltz, N.Y., in the Pot Pies Category.
September 1995



Tomato-Mushroom Chicken Pot Pie

With canned and dried tomatoes, you can bake this pot pie no matter what the season.

- 1 recipe Cornmeal Parmesan Pastry
- 1 cup chopped leek or onion
- 2 Tbsp. margarine or butter
- 3 cups sliced fresh mushrooms
- ¼ cup all-purpose flour
- 1 Tbsp. snipped fresh oregano or 1 tsp. dried oregano, crushed
- 1½ cups chicken broth
- 2 cups cubed cooked chicken
- 4 canned whole Italian-style tomatoes, chopped and drained
- ⅓ cup drained, sliced oil-packed dried tomatoes
- ¼ tsp. pepper
- Milk
- 1 Tbsp. grated Parmesan cheese

Prepare pastry; set aside. In a large skillet cook leek in margarine or butter for 2 minutes. Add mushrooms; cook 3 to 4 minutes or till tender. Stir in flour and oregano. Add broth all at once. Cook and stir till thickened and bubbly. Add chicken, tomatoes, and pepper; heat through. Transfer hot mixture to a 1½-quart casserole. Arrange pastry on top; trim to ½ inch beyond rim. Turn under and flute edges. Brush with milk; top with cutouts, if desired. Top with Parmesan. Place on a baking sheet. Bake in a 425° oven about 25 minutes or till golden. Let stand 15 minutes. Makes 6 main-dish servings.

Cornmeal Parmesan Pastry: Stir together 1 cup all-purpose flour, 1 tablespoon cornmeal, 1 tablespoon grated Parmesan cheese, and ¼ teaspoon salt. Cut in ⅓ cup shortening till pieces are the size of small peas. Sprinkle *1 tablespoon* cold water over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat with *2 to 3 more tablespoons* cold water till all is moistened. Form into a ball. On a lightly floured surface, roll to a 9-inch circle. Use small cutters to cut shapes in pastry or use a fork to pierce holes.

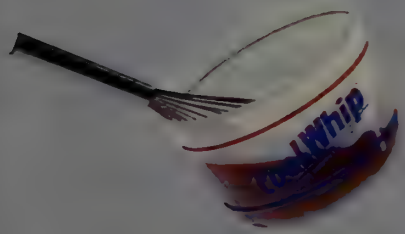
sodium, 27 g carbo., 2 g fiber, 20 g pro. Daily Values: 24% vit. C and 20% iron.

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It mixes



It makes desserts great





Cool'n Creamy Chocolate Pie Stir 2 packages (4-serve) JELL-O® Instant Pudding into 1 3/4 cups milk. Stir in 3 1/2 cups thawed COOL WHIP® Whipped Topping. Spoon into crust. Refrigerate. (Prep Time: 6 minutes)

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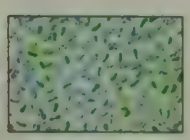


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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. Some privately owned or custom-made items have been omitted from the product listing. For more information, write the manufacturers listed below.

STYLE IN THE MAKING—HEAD FOR THE BORDERS

Page 21: farm scene wall covering border on headboard—from York's Carey Lind Country Kitchen & Bath, 800/238-9152. **Farm scene lamp,** #5064—Albright Lighting, 3029 Ingersoll Ave., Des Moines, IA 50312, 515/255-2906. **Nightstand,** #24-5416—Ethan Allen, for a store near you please call 800/228-9229. **Oak board,** #116344, **oak base cap,** #938783, **oak crown dentil molding,** #476927, **oak dentil,** #758337, **oak fluted casing,** #474259, **oak shoe,** #758877—available from Payless Cashways, Furrow, Lumberjack, Hugh M. Woods, Somerville Lumber, and Knox Lumber; for a store near you please call 816/234-6000.

Page 22: table, #16-6713F; **chairs,** #14-6410-667; **vase,** #43-6609—Ethan Allen, for a store near you please call 800/228-9229. **Wall covering border,** "Flowers & Fruits Border," pattern no. 598360 (Parrot); **chair cushion fabric,** "Fruit & Flowers," pattern no. VF98360 (Parrot); **chair cushion tie fabric,** "Harbor Stripe," pattern no. VF98490 (Parrot), from the Summerhouse by Laurette Collection—Village, for a retailer near you please call 800/552-9255. **Prints: (top left),** "The D'Auch Pear" **(top center),** "Fruit Cocktail" by Barbie Tidwell; **(top right),** "Yellow Pears" by Galley; **(bottom left),** "Hibscus & Pears" by William Buffet; **(bottom right),** "Two Palm Trees" by William Buffet—Deck the Walls, 800/887-3325. **Chair rail,** #WM303; **panel molding,** #WM185—Georgia-Pacific Corp., P.O. Box 1763, Norcross, GA 30091; 800/284-5347.

Page 24: canopy bed conversion kit—DreamBeds Canopy Conversion Kit, P.O. Box 205, Rockport, MA 01966, 508/546-5808. **Canopy fabric,** "Plum Grove," GL27849 (Hunter); **wall covering border on ceiling,** GL17889; **wall covering border,** GL17885, from the Garden Life Collection—Eisenhart, P.O. Box 464, Hanover, PA 17331, for a retailer near you, please call 800/931-9255. **Base cap,** #WM163; **chair rail,** #WM390; **base molding,** #WM634; **crown molding,** #WM51—Georgia-Pacific Corp. (address above).

Page 26: weathered star wall covering border—from York's Carey Lind Country Kitchen & Bath, 800/238-9152. **Base cap,** #WM166; **panel molding,** #WM217; **glass bead,** #WM147—Georgia-Pacific Corp. (address above).

CRAFTSMAN STYLE ON DECK

Pages 90–94: casement windows, transoms, circle-top window, French door—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763, 800/346-5128. **Coach lantern fixtures,** "Berkely Series"—Arroyo Craftsman Lighting available by mail order from Rejuvenation Lamp & Fixture Co., 1100 SE Grand Ave., Portland OR 97214. **High-profile fiberglass shingles,** "Grand Manor Shangle" (Sherwood Forest Green)—CertainTeed Corp., P.O. Box 860, Valley Forge, PA 19482. **Semitransparent stain on siding** (Bark); **semitransparent stain on trim** (Sequoia)—Cabot Stains, 100 Hale St., Newburyport, MA 01950; 800/877-8245.

AN AUTUMN CUTTING GARDEN

Page 96: yarrow, rudbeckia—Carroll Gardens, 444 East Main St., P.O. Box 310, Westminster, MD 21157; 301/848-5422. Catalog $2. White Flower Farm, Dept. BHG, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600. **Larkspur, gaillardia, snapdragon**—W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; 215/674-4900. Park Seed, Cokesbury Rd., Greenwood, SC 19647-0001; 800/845-3369.

PLANTING FOR FALL COLOR

Pages 99–106: Garden mums, Artemisia absinthium, bergenia, White Swan echinacea, astilbe, lysimachia, blueberry, baltonia, Brilliantissima chokeberry, physostegia, beautyberry, aster, achillea, ceratostigma, helenium, Goodness Grows veronica, Cimicifuga simplex, serviceberry—Carroll Gardens, 444 East Main St., P.O. Box 310, Westminster, MD 21157; 301/848-5422. Catalog $2. White Flower Farm, Dept. BHG, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600. **Salvia patens**—White Flower Farm (address above). **Caryopteris**—Busse Gardens, Dept. BHG, 5873 Oliver Ave., SW, Cokato, MN 55321-3601, 612/286-2654. Wayside Gardens, 1 Garden Ln., Hodges, SC 06759; 800/845-1125. **Veronicastrum**—Busse Gardens (address above). White Flower Farm (address above). **Fountain grass, Spodiopogon sibericus**—Limerock Ornamental Grasses, R.D. 1, Box 111-C, Port Matilda, PA 16870; 814/692-2272. Kurt Bluemel, Inc., 2740 Greene Ln., Baldwin, MD 21013; 301/557-7229. Catalog $2. **Fireball polygonum**—Busse Gardens (address above). **Waterlily colchicum**—White Flower Farm, Dept. BHG, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600. Park Seed, Cokesbury Rd., Greenwood, SC 19647-0001; 800/845-3369. **Helichrysum, sunflower, coleus**—W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; 215/674-4900. Park Seed, Cokesbury Rd., Greenwood, SC 19647-0001; 800/845-3369. **Evening Sun sunflower**—Shepherd's Garden Seeds, 30 Irene St., Torrington, CT 06790, 203/482-3638. In California: 408/335-6910. **Viburnum Opulus Compactum, Cornus alternifolia, Cornus alba Sibirica, Celastrus**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 503/846-6963. Catalog $2. Carroll Gardens, 444 East Main St., P.O. Box 310, Westminster, MD 21157; 301/848-5422. Catalog $2.



GARDENER'S ALMANAC

Pages 114–116: Autumn Joy sedum, clematis, lupines, Oriental poppies—Carroll Gardens, 444 East Main St., P.O. Box 310, Westminster, MD 21157; 301/848-5422. Catalog $2. Wayside Gardens, 1 Garden Ln., Hodges, SC 06759; 800/845-1125. White Flower Farm, Dept. BHG, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600. **Blue oat grass**—Limerock Ornamental Grasses, R.D. 1, Box 111-C, Port Matilda, PA 16870; 814/692-2272. Kurt Bluemel, Inc., 2740 Greene Ln., Baldwin, MD 21013; 301/557-7229. Catalog $2. **Sage, lavender**—Carroll Gardens (address above). **Barberry**—Carroll Gardens (address above). Wayside Gardens (address above). Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 503/846-6963. Catalog $2.

CINDERELLA STORY

Pages 120–121: brass pharmacy floor lamp, thin rod coffee table, Monterey chair and sofa—Crate & Barrel; for a store near you please call 800/451-8217.

Pages 124–125: twig coat rack—Crate & Barrel (see above). **Sink**—American Standard, for a dealer near you please call 800/524-9797. **Faucet**—Chicago Faucets, 2100 Clearwater Dr., Des Plaines, IL 60018, for a retailer near you please call 708/803-5000. **Towel bar,** 24 inch, K2464, from the Villa Bath Line—Smedbo, Inc.; for a retailer near you please call 708/615-0000. **Slate flooring**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446; for a retailer near you please call 215/393-2237. **Jacquard shower curtain,** (White)—Eddie Bauer Home; for orders please call 800/426-8020; for a store nearest you please call 800/645-7467.

DECORATING SHOP

Page 138: Perk Up Your Flower Pots Kit—Banar Designs, Inc., 431 South Main, Fallbrook, CA 92028.

A SOUTHERN ROMANCE

Page 141: all windows—Pella Windows & Doors, 100 Main St., Pella, IA 50219. **Front door**—Classic Doors of Birmingham Inc., 90-21st Ave., NE, Birmingham, AL 35215.

Pages 142–143: paint, #916—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862. **Bench,** "Lynn Holland Collection"—Lexington Furniture Ind., P.O. Box 1008, Lexington, NC 27293-1008; 800/544-9694. **Fabric for bench cushion,** "Le Rosier" #9151 (Multi-Beige); **ottoman fabric**—Cowtan & Tout Inc., 979 Third Ave., New York, NY 10022 (available only through a designer). **Sofa, ottoman**—Henredon Furniture Ind., P.O. Box 70, Morganton, NC 28680-0070; 800/437-3682. **Sofa fabric**—Decorator's Walk Furniture Gallery, 245 Newtown Rd., Plainview, NY 11803. **Large upholstered chair,** "Marblehead"—Summer Hill Ltd., 2682H Middlefield Rd., Redwood City, CA 94063. **Large upholstered chair fabric,** "Daya Stripe" #13—Decorator's Walk Furniture Gallery (address above). **Antique rocking chair, framed mirror, bamboo hat rack, standing lamp, and sisal rug,** "Brendal"—Vignettes, 35 Clayton Ln., Santa Rosa Beach, FL 32459. **Fabric for window treatment,** "La Cienega" (Barley)—Valley Forge Fabrics, 6881 NW. 16th Terrace, Fort Lauderdale, FL 33309; 800/223-7979.

Pages 144–145: table—Darby Mitchell Antiques, 158 Miracle Strip Pkwy., Fort Walton Beach, FL.

continued on page 213



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Buying Guide

continued from page 211

32548 **Chairs,** "Paris Bistro" #7832-86—Palecek P.O. Box 225 Station A Richmond, CA 94808-0225 800/274-7730 **Barstools,** #900-0033—Sherrill Furniture Co., P.O. Box 189 Hickory, NC 28603 **Chandelier, wall sconces**—Fredrick Ramond, Inc., 16121 S. Carmenita Rd. Cerritos, CA 90703 800/743-7266 **Rug,** "Windsor" (Black)—Momeni, 36 E. 31st St. New York, NY 10016-6821 **Fabric for window seat cushion,** "Le Rosier" No. 9151 (Multi Beige)—Cowtan & Tout Inc. (address above) **Rocking chair**—Amish-Craft, P.O. Box 38 Humboldt IL 61931 **Comforter, pillows,** (May Blossom Blue)—Hinson & Co., 27-35 Jackson Ave. Long Island City, NY 11101

Pages 146–147: cabinetry, countertops—Meridian Workshops, P.O. Box 4839, Seagrove Beach, FL 32459 904/231-5606 **Cooktop, ovens**—GE Appliances, Appliance Park, Louisville, KY 40225 800/626-2000 **Refrigerator**—Sub-Zero Freezer Co., Inc. P.O. Box 4130 Madison, WI 53744-4130 800/222-7820 **Sink, faucet,** "Ravinia"—Kohler Co., Kohler, WI 53044 **Fabric for window treatment,** "Loiseau" #16066-3—Scalamandre Inc. 37-24 24th St. Long Island City, NY 11101

Page 148 (top): paint—Benjamin Moore & Co. (address above) **Bed**—Century Furniture Inc. P.O. Box 608 Hickory, NC 28603 800/852-5552 **Love seat**—Sherrill Furniture Co. (address above) **Love seat fabric,** "Winfield"—Cowtan & Tout Inc. (address above) **Chair**—Baker Furniture 1661 Monroe Ave. NW Grand Rapids, MI 49505 **Chair fabric,** "Riptide" (Raspberry #1019099)—Artmark Fabrics Co. Inc. 480 Lancaster Pike Frazer, PA 19355 800/777-6665 **Lace window treatment**—Laura Ashley Inc. for product information call 800/367-2000 **Antique armoire, antique nightstand, pillows on striped chair and love seat**—Vignettes (address above) **(Bottom): cabinetry**—Meridian Workshop (address above) **Sink**—Barclay Products Ltd. 4000 Poretf Dr., Gurnee, IL 60031, 800/446-9700 **Faucet, towel ring,** "Dornbracht"—Santile Int'l Corp. 6687 Jimmy Carter Blvd. Norcross GA 30071 800/441-4369 **Wall sconce**—Rejuvenation Lamp and Fixture Co. Inc., 1100 SE Grand Ave. Portland, OR 97214 **Floor, counter tile**—Dal-Tile Corp., 7834 Hawn Fwy. Dallas TX 75217 800/933-8453 **Accent tile**—Country Floors, 15 E. 16th St., New York, NY 10003

2 TO GET READY

Page 151: whirlpool tub, "High Gloss Oval" (Sterling Mist), **1.5-gallon flush toilet,** "Windham" (Sterling Mist)—Sterling Plumbing Group Inc. 2900 Golf Rd. Rolling Meadows, IL 60008 800/895-4774 **Arched window,** AFC24 HP **art glass window insert,** "Lotus"—Andersen Windows Inc. P.O. Box 3900 Peoria, IL 61614 800/426-4261 **Sconce light fixture,** "Daphne"—Kenroy International 11660 Central Pkwy., Jacksonville, FL 32224 **Towels,** "Royal Velvet" (Silver, Peachglow and Prairie Peach), **plush throw rug,** (Peachglow)—Fieldcrest Cannon Inc. for product information call 800/841-3336 **Ceramic tile field,** "Natura Savana" (Quartz), **borders,** "Natura Designer" (Black) **accent stripes,** "Studio III" (Polished Silver)—Florida Tile Ind. Inc., P.O. Box 447 Lakeland FL 33802 800/789-TILE **Metallic paints for ceiling and soffits**—Golden Artist Colors Inc. Bell Rd. New Berlin, NY 13411, 800/959-6543 **Picture frames and art glass vases**—Signature Interior Accents 132 Fifth St. West Des Moines, IA 50265 **Paint**—Benjamin Moore & Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645-1862

Pages 152–153 (center): pedestal lavatories, "Southampton" (Sterling Mist) **lavatory faucets, single-lever shower control,** "Trademark Collection, with Arc handles", **shower enclosure,** "PROLine"—Sterling Plumbing Group, Inc. (address above) **Wastebaskets,** "Silver Foil"—Horchow Catalogue Sales Div. 111 Customer Way, Irving, TX 75039-3627 **Dressing gown,** "Petal" Crushed Charmeuse—Ann Gish, 3533 Old Conejo Rd. Newbury Park, CA 91320 805/498-4447 **Strip lighting behind cornice**—Paul W. Bodde Co. 8515 NW Pomona Ave. Kansas City, MO 64153 **Decorative painting and stencil**—John Heldreth for Faux Real, 3333 Grand Ave. #232, Des Moines, IA 50312 **(Lower right): laminate countertop,** "Black Quasar" (lacquer finish)—Formica Corp. 10155 Reading Rd. Cincinnati, OH 45241 **Sugar and creamer set**—The Eggshell 1551 35th St. West Des Moines, IA 50266 515/223-5778

Page 154 (top left): towel warmer/radiator, "Omnipanel"—Runtal North America Inc., 187 Neck Rd. Ward Hill, MA 01835 800/526-2621 **Laminate on cabinet doors,** "Mink Fusion" (Lacquer finish)—Formica Corp. (address above) **Bath products,** "Nature's Rituals"—Pier 1 Imports, P.O. Box 961020 Fort Worth, TX 76161-0020 **(Top right): 1.5-gallon flush toilet,** "Windham" (Sterling Mist)—Sterling Plumbing Group, Inc., 2900 Golf Rd., Rolling Meadows, IL 60008, 800/895-4774

HOT POTATOES

Page 162: plates—Terrafirma Ceramics, Inc., 152 W. 25th St., New York, NY 10001; 212/645-7600

Page 163: soup bowls—Material Possessions, 54 E. Chestnut St., Chicago, IL 60611, 312/280-4885

Pages 164–165: metal bowl—Material Possessions (address above). **Small green bowl**—Eigen Arts, Inc. 150 Bay St. Jersey City, NJ 07302 201/798-7310. **Napkin**—Williams-Sonoma 5750 Hollis St. Emeryville, CA 94608, 415/421-7900

Page 172: napkin—Pottery Barn (address above).

PRIZE TESTED RECIPES

Page 208: casserole—Pottery Barn, 231-10th Ave., New York, NY 10011; 800/922-9[illegible].

READER SHOPPING

Page 88: Pumpkin Carving Kit—Pumpkin Masters, P.O. Box 61456 Denver, CO 80206.

Page 248: Washable Mini-Stampers, Washable Wildlife Markers, Glow-In-The Dark Crayons—Binney & Smith Inc. 1100 Church Ln., Easton, PA **Little Lessons For Teachers, Apples on Linen Blank Journal**—Sta-Kris Inc., P.O. Box 1131 Marshalltown, IA 50158.

Page 250: Teacher Sampler Kit—Willmaur Crafts Corp., 735 Old York Rd., Willow Grove, PA 19090; **John Rosemond's Daily Guide to Parenting**—Sta-Kris Inc., P.O. Box 1131, Marshalltown, IA 50158.



Architects & Designers

CRAFTSMAN STYLE ON DECK

Pages 90–94: Architect—Mulfinger, Susanka & Mahady Architects, Inc., 43 Main St., SE, Ste. 410, Minneapolis, MN 55414. **Builder**—Kyle Hunt & Partners, 3300 Edinborough Way, Edina, MN 55435

AN AUTUMN CUTTING GARDEN

Page 96: Designer—Linda Terhark, 2858 Lakeview Blvd., Lake Oswego, OR 97035.

PLANTING FOR FALL COLOR

Pages 99–106: Designers—Northwest Perennial Alliance, Glenn Withey & Charlie Price, 11558 Evanston Ave., N, Seattle, WA 98133. Phyllis Cole, Baywood, 114 Bay St., Osterville, MA 02655; 508/428-6787 Conni Cross Garden Design, Box 730, Cutchogue, New York 11935

GARDENER'S ALMANAC

Pages 114–116: Designers—Ted Bair, 4613 Park Ave., S, Minneapolis, MN 55407; 612/823-6558 Phyllis Cole, Baywood, 114 Bay St., Osterville, MA 02655; 508/428-6787 Linda Beutler, 18265 River Edge Ct., Lake Oswego, OR 97034; 503/635-2857. Stephen Suzman & Assoc., Landscape Design, 433 Douglass St., San Francisco, CA 94114; 415/252-0111. Anne Janisse, City People's Garden, 2939 E. Madison, Seattle, WA 98112; 206/324-0963.

CINDERELLA STORY

Pages 119–126: Architect—AM Architects, 15 S. Barker, New Buffalo, MI 49117; 616/469-4281, Fax; 616/469-4276.

A SOUTHERN ROMANCE

Pages 141–148: Architect—Tom Christ, Christ & Assoc., PA Architects & Planners, 35 Clayton Ln., Santa Rosa Beach, FL 32459 **Interior design**—Jamie Christ ASID, Christ & Assoc., PA Architects & Planners, 35 Clayton Ln., Santa Rosa Beach, FL 32459. **Contractor**—Benoit Laurent, Laurent Construction, P.O. Box 4623, Santa Rosa Beach, FL 32459.

2 TO GET READY

Pages 151–154: Decorative painting and stencil design—John Heldreth for Faux Real, 3333 Grand Ave., #232, Des Moines, IA 50312. **Tile installation**—Hal Overton, 3934 50th St., Des Moines, IA 50310.

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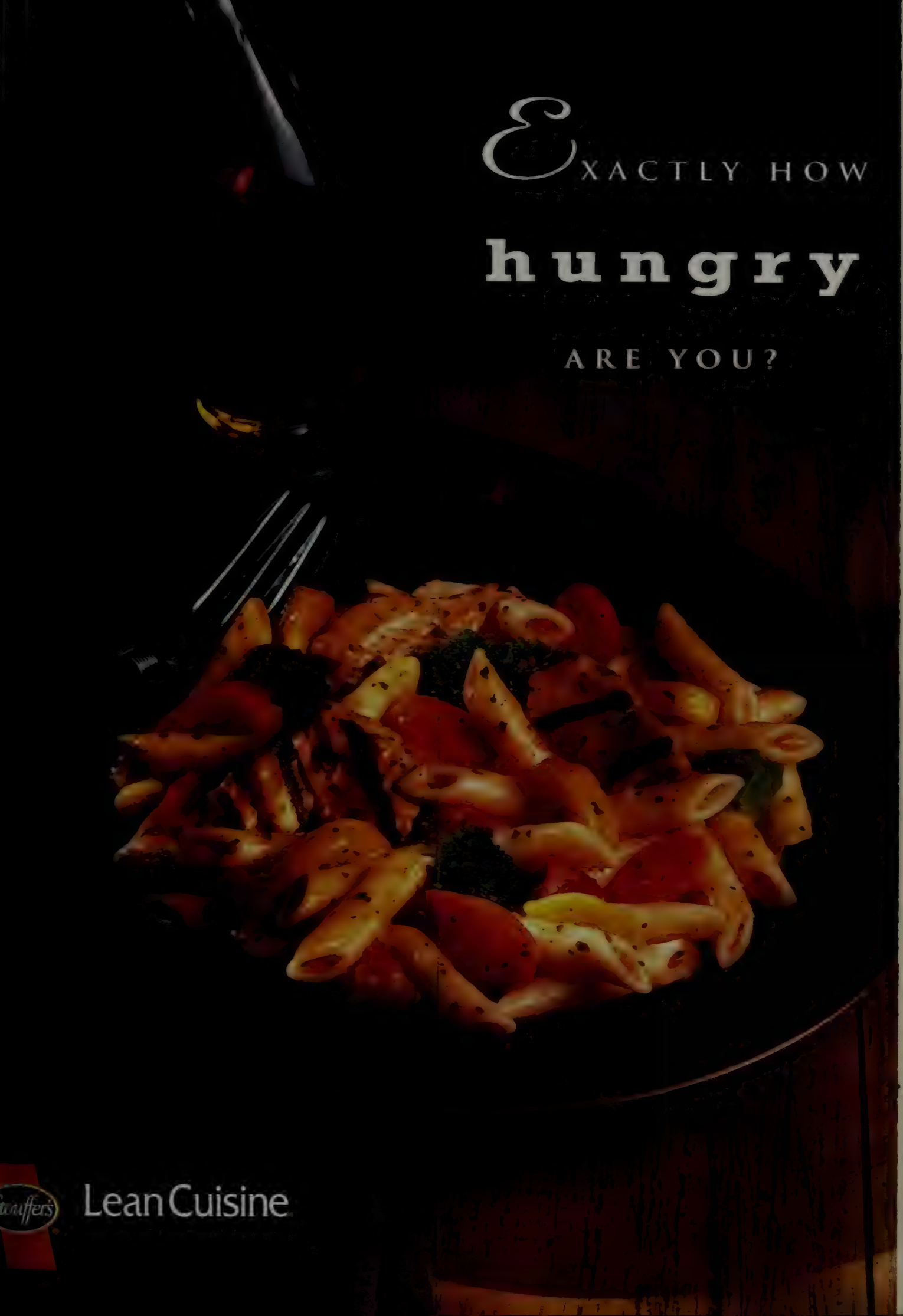
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Historic Trail Town

Cody, Wyoming



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Old Trail Town is the original town site of Cody.

Weathered gray log buildings line the boardwalk along narrow streets filled with wagon wheels, plows, and buckboards. Elk antlers form a ten-foot mound near the saloon. An eerie silence prevails in Historic Trail Town, where archaeologist Bob Edgar relocated 26 authentic 19th-century pioneer structures to the site first surveyed as "Cody City" by Buffalo Bill Cody and friends. When the wind blows dust in your face, it's easy to imagine these modest cabins peopled by stalwart frontiersmen and feisty women.

The complex creates a haunting presence rather like a set for a cowboy movie. But this is the real McCoy, including a one-room schoolhouse, the Hole in the Wall cabin hideout for Butch Cassidy and the Sundance Kid, a bullet-ridden saloon door, and a cemetery where the legendary mountain man, Jeremiah "Liver Eating" Johnston, lies buried.

The northwest Wyoming city of Cody thrives today, thanks in part to its rich history and prime location about 50 miles east of Yellowstone National Park. The Buffalo Bill Historical Center—four museums in all—houses a rich collection of western artifacts. You'll see posters, pistols, show clothes, and silver saddles from Buffalo Bill Cody. Despite all its wobbles, a silent movie conveys the bigger-than-life panache of Buffalo Bill and his Wild West show, an extravaganza of mountain men, rodeo riders, and Annie Oakley and other sharpshooters.

The Cody Firearms Museum displays muskets dating to 1590, 18th-century Flintlock rifles, and Civil War pistols. At the Whitney Gallery of Western Art, take in the sometimes idealized, sometimes realistic western landscapes and people as seen by such artists as Frederic Remington and Albert Bierstadt.

The Plains Indian Museum is especially compelling, with its clothing, religious objects, and artifacts from the Sioux, Crow, and many other tribes that inhabited the land. The craftsmanship is awesome on intricately beaded moccasins, cradleboards, dyed ghost dance dresses and leggings, formidable bear claw necklaces, and bow cases. Your kids will love the replica of a Sioux camp, complete with tepees.

For more history dine at the Irma, a hotel built by Buffalo Bill and named for his daughter (307/587-4221). The cherrywood backbar was a gift to Buffalo Bill from an appreciative Queen Victoria. Steak-seeking customers include real cowboys just off the range. The Cody Nite Rodeo cranks up every evening from June through August, where wranglers rope steers, race barrels, and ride broncos. After the dust settles and the sun goes down, stars pop and glow in the western sky.

Historic Trail Town, 307/587-5302. Buffalo Bill Historical Center, 307/587-4771. The Historic Buffalo Bill Village Resort complex (800/527-5544) has a Holiday Inn and a Comfort Inn. General information: Cody Country Visitor Center: 307/587-2297.

—by Candyce Stapen

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Some of the museum windows reflect a 100-year tradition as seen in the Wyoming State Museum in Cheyenne. All of 1995 will bring special exhibits as the facility has been completely renovated for its centennial year. Another must stop in Wyoming's capital city is the Cheyenne Frontier Days Old West Museum. You may want to make plans now to attend the world's largest outdoor western celebration and rodeo, Cheyenne Frontier Days, next year which is the 100th annual event.

Other windows are adorning a new location worthy of a look. The National Museum of Wildlife Art, just outside the town of Jackson, is built to match the hillside landscape and overlooks the National Elk Refuge. The collection spans 170 years and features more than 100 artists.

Wyoming's unique management of the bighorn sheep population dominates the new National Bighorn Sheep Interpretive Center in Dubois. Wyoming's re-establishment of the endangered black-footed ferret is the focus of the Sybille Canyon Visitors Center located between Laramie and Wheatland.

Hawkins & Powers Aviation Museum in Greybull is a working company of vintage aircraft. There are dozens of planes that can be seen, in flying shape, nowhere else on the planet.

Architect Antoine Predock's dramatic design is the centerpiece of the new American Heritage Center on the campus of the University of Wyoming in Laramie.

The Buffalo Bill Historical Center in Cody has wings dedicated to the Plains Indian, Western Art, Firearms, and Bu Bill Cody. This year's American bison exhibit, "Seasons of the Buffalo", blen taxidermy, art, interactive video and c ative set design to lead visitors the eco cal history of the bison in North Amer

Another world-class institution give tors a complete history of the fur trap era at the Museum of the Mountain M in Pinedale.

If dinosaurs, geology, and fossils ar fancies of yours there is no better plac to dig in than Wyoming. You can watc workers at the fossil preparation lab i the Tate Museum in Casper. There ar tremendous dinosaur displays in Lara and Rock Springs as well. The new

continued on next page



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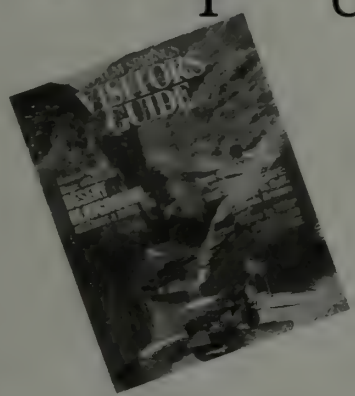
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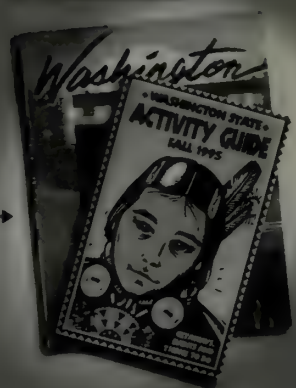


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by Kristi Fuller

Sizzlin' Skillet Breakfasts





When you long for a hearty breakfast, let these two recipes meet the requirements.

SPIFFED-UP SCRAMBLED EGGS

Choose either apple or potato to stir into this tasty morning starter.

- ¼ lb. turkey breakfast sausage
- ½ cup chopped onion
- 1 cup unpeeled, chopped apple (such as Red Delicious or Granny Smith) or 1 medium potato, chopped
- 6 eggs
- 2 Tbsp. milk
- ¼ tsp. salt
- ¼ tsp. dry mustard
- Dash pepper
- Snipped fresh parsley

In a large skillet cook sausage till no longer pink. Remove from skillet. Drain. Reserve 1 tablespoon of pan drippings (add oil if necessary). In reserved drippings cook onion over medium heat about 4 minutes or till tender. Add potato, if using. Cook and stir over medium-high heat for 4 to 5 minutes or till potato is tender, stirring constantly. Stir in cooked sausage.

Meanwhile, beat together eggs, milk, salt, mustard, and pepper. Pour over sausage mixture. Cook, uncovered, over medium heat without stirring till mixture begins to set on bottom and around edge. Using a metal spatula, lift and fold partially cooked egg mixture so uncooked portion flows underneath. Continue cooking about 4 minutes or till eggs are cooked throughout but still moist. Stir in apple, if using. Sprinkle with snipped parsley. Serve immediately. Makes 4 servings.

Nutrition facts per serving: 214 cal., 11 g total fat (4 g sat. fat), 331 mg chol., 452 mg sodium, 11 g carbo., 1 g fiber, 17 g pro. Daily Value: 15% vit. A, 12% iron.

HAM AND SWISS SKILLET

You'll need to make this recipe in an ovenproof skillet to melt the cheese under the broiler.

- 1 cup sliced mushrooms
- 2 Tbsp. sliced green onion
- 1 Tbsp. margarine or butter
- 1 small zucchini, finely chopped (¾ cup)
- ¾ cup finely chopped fully cooked ham
- 6 eggs
- ¼ tsp. dried thyme, crushed
- ¼ tsp. caraway seed
- Dash salt
- ½ cup shredded Swiss cheese (2 oz.)
- Snipped fresh chives

In a 10-inch nonstick or well-seasoned ovenproof skille cook mushrooms and onion in margarine or butter ov medium-high heat about 5 minutes or till tender but n brown. Add zucchini; cover and cook over medium-lo heat 2 to 3 minutes, stirring occasionally. Stir in ham. Be eggs till blended but not foamy. Stir in thyme, caraw seed, salt, and *pepper*. Pour egg mixture over vegetable Cook over low heat, without stirring, till mixture begins set on the bottom and around the edge. As eggs set, run spatula around the edge of skillet, lifting egg mixture allow uncooked portion to flow underneath. Continu cooking and lifting edge till mixture is almost set. Sprink with cheese. Broil 5 inches from heat for 1 to 2 minutes till eggs are just set and cheese is melted. Sprinkle wi chives. To serve, cut into wedges; serve from skillet. Mak 4 to 6 servings.

Nutrition facts per serving: 241 cal., 16 g total fat (6 g sa fat), 347 mg chol., 547 mg sodium, 3 g carbo., 1 g fiber, 2 g pro. Daily Value: 22% vit. A, 15% calcium.



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by Lisa Holderness

Pear Elegance



Once in a great while you find something so simple and wonderful that you can hardly believe your luck. Consider this your lucky day. These luscious poached pears, shimmering in marsala syrup, fulfill your dessert cravings. They taste indulgent, yet are low in fat and easy to make. For entertaining, poach the pears ahead and chill till serving time.

POACHED PEARS IN MARSALA

Sweet marsala is a fortified dessert wine, similar to cream sherry. Look for marsala in liquor stores or the wine aisle of your grocery store. For a nonalcoholic version, substitute more orange juice for the marsala or sherry.

- ¾ cup orange juice
- ¾ cup sweet marsala or cream sherry
- ½ cup sugar
- 3 inches stick cinnamon
- 4 Bosc pears (see Top Pear Picks, *below*)
- ¼ cup dairy sour cream or light dairy sour cream
- 1 Tbsp. brown sugar

For poaching syrup, in a 4-quart saucepan combine the first 4 ingredients. Bring to boiling, stirring occasionally; remove from heat.

With an apple corer or paring knife, remove core from the bottom end of each pear, leaving stem end intact. Immediately after coring, dip the pear bottom in poaching syrup to retard browning, then transfer to a piece of waxed paper or a plate.

Add all pears to the saucepan, coating them completely in poaching liquid and arranging them stem end up. Cover; simmer for 15 to 20 minutes or till tender. While poaching, occasionally spoon syrup over pears (this helps keep a ring from forming on the pears where the syrup stops).

With a slotted spoon, remove pears; set aside. Discard cinnamon stick. Bring poaching syrup to boiling. Continue to boil gently till reduced to 1 cup or till syrupy (about 10 minutes). Cool (the syrup will thicken slightly as it cools). Serve immediately or transfer the poaching syrup and pears to separate containers; chill for up to 4 hours. Serve warm, at room temperature, or chilled.

To serve, stir together sour cream and brown sugar. Place pears on plates and drizzle with poaching syrup. Dollop sour cream alongside each pear. Makes 4 servings.

Nutrition facts per serving: 211 cal., 3 g total fat (1 g sat. fat), 6 mg chol., 11 mg sodium, 43 g carbo., 4 g fiber, and 1 g pro. Daily Value: 2% vit. A, 29% vit. C, 3% calcium, and 3% iron.

TOP PEAR PICKS

This sublime dessert is only as good as the pears. Our first choice is the Bosc variety. These golden brown pears hold their shape well during poaching, and the skin retains its autumnlike color. The flesh of fresh Bosc pears remains somewhat firm, even when ripe. To test for ripeness, gently press the stem end, which should yield to the pressure if ripe. Bosc pears are in season from August through May.

Bartlett pears also can be used for this recipe. To retard the skin from darkening, turn Bartlett pears frequently while poaching, or peel them first. You'll find Bartletts from August through December. When ripe, the skin of Bartlett pears turns from green to bright yellow and yields to gentle pressure. Red Bartletts turn from dark red to vibrant red as they ripen. Unfortunately, the skin of these beautiful red-skinned Bartlett pears tends to turn brown when cooked.

Whichever variety you choose, use ripe fruit.

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African Bean & Chicken Stew

- 1 cup **S&W Long Grain Brown Rice**
- 1 to 2 Tbsp peanut oil
- 4 boneless, skinless chicken breast halves (about 1 lb.), cut into ½" chunks
- 2 to 3 green onions, chopped
- ½ cup **S&W Southwestern Fajitas & Cooking Sauce**
- 3 Tbsp creamy peanut butter
- 1 can (12 oz.) **S&W Sweet & Crisp Corn**, drained
- 1 can (15 oz.) **S&W Black Beans**, drained
- 1 can (15 oz.) **S&W Red Beans**, drained
- 1 can (14.5 oz.) **S&W Ready-Cut® Tomatoes**, undrained
- 4 to 5 drops hot pepper sauce (optional)
- Garnish (optional): Peanuts (finely chopped), green onion tops (julienned)

Cook Brown Rice according to package directions. Meanwhile, heat oil in Dutch oven or large pan; add chicken and sauté over medium heat, stirring and turning frequently until almost all pink color has disappeared. Add green onions; sauté 2-3 minutes longer, continuing to stir frequently; reduce heat to low. Blend Cooking Sauce with peanut butter, drizzle over chicken and onions. Add Corn, Beans, Tomatoes and hot pepper sauce; stir well to combine ingredients. Simmer mixture a few minutes longer to heat throughout, stirring occasionally. Spoon over Brown Rice in individual serving bowls. Garnish with chopped peanuts and julienned green onions, if desired. Serves 4-6.

Nutrition Information Per Serving: 500 cal; 38 g protein; 68 g carbo; 15 g fiber; 12 g fat; 65 mg chol; 1170 mg sodium.

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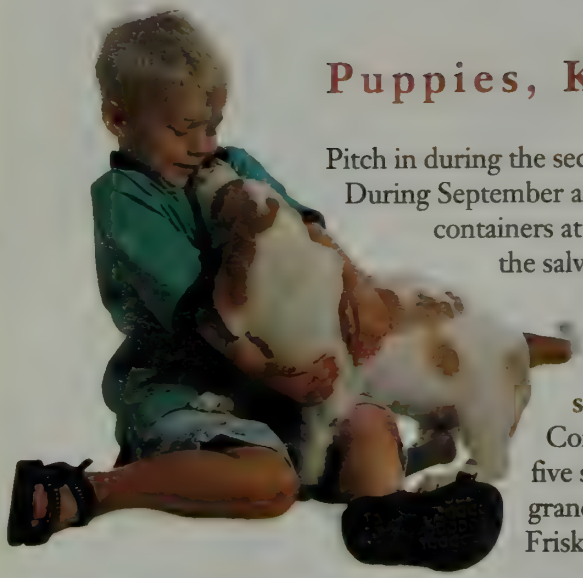
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Mail to: Princeton Gallery, Studio 344
301 North Harrison Street
Princeton, New Jersey 08540

our environment

YOU MAKE THE DIFFERENCE



Puppies, Kittens, and Aluminum Cans

Pitch in during the second Paws to Recycle to help orphaned animals and the environment. During September and October, you can drop off recyclable aluminum food and beverage containers at participating nonprofit and municipal animal shelters. Proceeds from the salvaged metal go to the shelter. During last year's pilot program, almost $250,000 was raised from 14.5 million cans.

Among those who might make a huge dent in the need are community groups and clubs, school classes, or kids scouring the neighborhood for soda pop cans. College dorms are a likely source for empty cans, too.

Contact your area's animal shelter to make certain they are taking part. The five shelters that raise the most money will receive an additional $3,000 in grand prizes from the project's sponsors, the American Humane Association, Friskies PetCare Company, and Aluminum Company of America (Alcoa).

SHOPPING LIST

When environmentalists, builders, and magazine editors design earth-friendly houses, what do they include in their plans? Here's a Top Ten list of materials and methods chosen for their designs:

1. Sites where as many trees as possible have been left undisturbed.
2. Passive solar design to capture free, invigorating heat.
3. Walls with extra-thick framing to allow maximum space for insulation.
4. Insulation made from recycled, nontoxic materials, such as cellulose or old newspapers.
5. Super windows with multiple panes, low-E coatings, and argon gas to slow heat transmission.
6. Ground-source heat pumps to save significant amounts of energy.
7. High-efficiency heating and cooling systems that are zoned and include heat-recovery ventilation systems and air cleaners.
8. Low-flow toilets to save water.
9. Light-colored roof materials and shade trees to help cool houses.
10. Water-base paints, glues, and other finishes formulated to minimize toxic outgassing.

RECYCLING MADE EASY



Organize your recycling center and give it a some style with a five-foot, painted-pine storage cabinet, *right*. Doors hide three bins where you can stash old newspapers, plastic milk bottles, and other recyclables. Bins are lined with plastic tubs to protect against moisture. The $598 cabinet is built by J. Farnsworth Pepperdine, 112 East Market St., New Sharon, IA 50207-0050. Phone orders may be placed at 800/654-0950. The 8-gallon/30-liter Rubbermaid, Inc., tubs are available at retail stores.

These tools also make recycling chores easier:

• Cut milk jugs down to bin-size with The Scavenger. Built into its easy-grip handle are a hook blade for slicing plastics, a straight blade for cutting cardboard, a label scraper, and a magnet to test for tin. The $9.95 Scavenger is made by The Bitterroot Co., 1500 Mt. Kemble Ave., Morristown, NJ 07960. Phone orders may be placed at 201/425-0440.

• Flattening cans makes more room in the recycling bin. For this, there's the Multi-Crush Can Crusher, a simple wall-mounted device that scrunches down cans at the pull of a lever. The $24 crusher may be ordered through Real Goods Trading Corp., 966 Mazzoni St., Ukiah, CA 95482-3471. Phone orders may be placed at 800/762-7325.

OUR DESIGNS ARE CONSTANTLY CHANGING BUT OUR *PHILOSOPHY* REMAINS THE SAME.



Ford Designers: Soo Kang, Robert Bauer.

At FORD MOTOR COMPANY, we work with one basic premise: the design of a car or truck must go beyond how it looks. This philosophy has taken many shapes over the years, from the Model T, to the Continental, Taurus, Explorer, and Mustang: cars and trucks celebrated for their design. Which might explain why FORD MOTOR COMPANY has five of the ten best selling vehicles in America today. Right now we're applying the latest technology and the most DETAILED CRAFTSMANSHIP to every aspect of every automobile we create. By working with the automotive industry's most powerful supercomputer, our worldwide design team are indeed becoming the CRAFTSMEN OF THE FUTURE.

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QUALITY IS JOB 1.™

BH&G kids™



back to school

Here comes the bus. And they're off—for another year of growing. This section will help you prepare for the year ahead and celebrate the joy of learning, from preschool to college and beyond. Have a good year!

by Barbara Hall Palar

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PHOTOGRAPHS: ANDY LYONS ILLUSTRATIONS: IIM PALLOT



hether it's one of our Nestlé Toll House Chocolate Chip varieties, Sugar, Butterfinger, or Oatmeal Raisinets, cookies baked esh from Nestlé Cookie Dough are always a treat to come home to. Just don't expect them to make it to the cookie jar. ok for them in your grocer's refrigerated section.

The very best in every bite.™

continued from page 222

BLASTOFF!

Lego Space Challenge

Do you like LEGO bricks? Are you a space nut? Then this contest is for you. The LEGO Toy Company and Space Center Houston have teamed up to create the LEGO Space Challenge, a model design and building contest. Children ages 5–12 are invited to design and construct their vision of shuttles, space stations, and other spacecraft or space-themed inventions out of LEGO bricks.

Astronaut Eugene Cernan, commander of the Apollo 17 space mission, is on the LEGO Space Challenge committee. Captain Cernan, one of the last Americans to walk on the moon, believes this is an important program. "Incredible as it may seem, we have today a generation of youngsters who were born after I left those final steps of Apollo almost a quarter of a century ago. For them, the sky is no longer the limit—what they dream, they can make happen."

Grand prize in the contest is a trip for four to a shuttle launch at Kennedy Space Center in Florida. After the launch, the group will be flown to Space Center Houston, where they will make the ultimate long-distance phone call—a live conversation to the shuttle crew in orbit.

To enter, submit a photograph of the model and a written description of the project with an entry form. You can find entry forms in stores where LEGO products are sold. All entries must be received by December 31, 1995. Six finalists (first prize winners) will compete in the National Championship at Space Center Houston to determine the grand prize winner. In addition, 100 second prizes (including official NASA Mission patch and LEGO set) and 200 third prizes (official NASA Mission patch) will be awarded. All entrants will receive a Certificate of Achievement signed by astronauts and a LEGO coupon. For more information about the contest, please call 203/763-3211.



more back to school on page 226

Remember, zippers are like boogie men. If you get too close, they bite.



Elastic waistbands are a lot easier for kids and busy parents to handle than zippers. Not to mention, they don't pinch your skin. (Ouch!) And when you put them in our cool-looking clothes, you have it made. Call our toll-free number to find out more. Like our clothes, our operators are very friendly. *1-800-554-7637*

Healthtex

Questions? Call 1-800-554-7637. Look for Healthtex at The Bon•Ton, Herberger's and Uptons.



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BH&G kids

EVENING AND WEEKEND SHIFT

Should your teenager work?

By Mindy Pantiel



Eric Anderson, a high school senior, was thrilled when he landed a stock position at a major supermarket. His parents weren't as pleased when Eric told them he was expected to work 35 hours a week. Fearing that kind of commitment would interfere with Eric's schoolwork and activities, the Andersons insisted that he cut back on his hours. And, after some negotiation with his employer, he did.

Score one for the parents. Mounting evidence supports the notion that teens who work too many hours suffer a noticeable plunge in school performance. According to a study conducted at the University of Colorado, students across the country who work more than 13.5 hours a week turn in lower grades than those who work fewer hours or none at all.

"Increased absenteeism, less time spent on homework, and lower grades are the usual consequences for students who work too many hours," says Jane Lillydahl, associate professor of economics who conducted the study. "Extracurricular activities tend to get squeezed out as well."

On the positive side, students who work a moderate amount—fewer than 13.5 hours a week—boast higher grades than those who don't work at all.

While the number of hours logged is a key factor in school performance, when those hours are worked also plays a major role. Teens required to close a business at midnight are not going to have the sleep and energy required to make it through the school day. Child-labor laws prohibit 14- and 15-year-olds from working more than three hours a day and from working after 7 p.m. on school days, but the federal laws don't apply to teens 16 and older. Some state laws are more restrictive than the federal laws.

More teens work now than ever before—67 percent of all high school seniors hold jobs—so it's imperative that parents become actively involved in their kids' working lives. Wilma Gundy, former guidance counselor at Lakewood High School in Lakewood, Colorado, conducted a survey and formulated the following list of tips for parents of working teens:

- Keep school the top priority. "Realize that teens who work often sacrifice extracurricular activities and participation in school life. The trade-offs may not be worth it," says Gundy.
- Choose a job wisely. Help your child find employment with afternoon or weekend hours. Better yet, push for summer-only employment.
- Limit work time. Remember, there's a direct correlation between working more than 13.5 hours a week and falling grades.
- Contract with your teen. "If your children don't maintain a certain GPA, insist on shorter hours or have them stop working altogether," advises Gundy.
- Make saving a priority. With CDs, clothes, and food topping the list of what working teens buy, require your child to put part of his or her paycheck into savings with a long-range goal.

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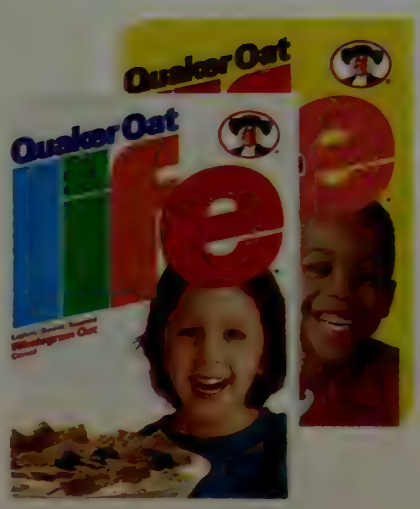
CAN HAVE SOME LIFE CEREAL?"

"NO... 'CAUSE I'M TOO YOUNG TO KNOW HOW TO SHARE."



"LIFE IS A COMPROMISE..."

FORTUNATELY IT'S ALSO A CEREAL!



YOU'RE HAPPY IT'S WHOLEGRAIN. THEY'RE HAPPY IT'S A WHOLE BOWL. IT'S QUAKER OAT LIFE. YOU LOVE IT 'CAUSE IT IS GOOD. THEY LOVE IT 'CAUSE IT TASTES GOOD. THAT'S LIFE.

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YOU WANT YOUR CHILD TO BE ACTIVE, SMART, TOLERANT, LOVED, EMOTIONALLY STABLE, SELF-AWARE, ARTISTIC, AND GET A 2-HOUR NAP. ANYTHING ELSE?



She talks about reading. She talks about painting. She talks about singing, running, jumping, sleeping. In other words she talks and talks and talks. When your child goes to KinderCare, don't expect to get a word in edgewise on the ride home. Because here, through a neat set of programs based on Whole Child Development, your child will have a whole day of fun things to talk about as you inch through rush hour.

And we mean fun. You see, here we understand you want so much more than just a place to drop off your child. You want an environment that challenges, teachers that can inspire, and activities that develop the whole child. Not only emotionally, but physically, socially and intellectually, as well. And we've discovered the best way to do that is by letting children learn through play.

So, within each of our centers, we've set up Discovery Areas that encourage independence, curiosity and creativity. For example, your child might count and sort to develop math concepts. Or practice literacy skills by "pretendin

©1995 KinderCare Learning Centers, Inc.



to read" with a friend. She might sit at the computer and play a logic learning game. Or she might walk over to the creative art area and work with paint, markers, string, paper, clay, and more.

Most importantly, she'll learn skills that will stay with her long after her artwork is put in the attic: How to share. Cooperation. Self-confidence. Respect for herself and others. A love of learning.

Why not enroll your child today? All you have to do is pick up the phone and call 1-800-707-7979, ext. 10 for the KinderCare nearest you. Then plan a visit. (We accept children 6 weeks to 12 years.) We're sure we can work around your busy schedule. After all, we have a pretty busy schedule, too.

Developing the whole child takes the whole day. Here's an example.

Preschool, 7:45: Mom drops Kelly off and heads for work.

8:00: Kelly and her friends choose a tabletop activity.

8:30: Circle time. Hello song. Kelly hears a story about a rainbow fish and a pink crab.

8:45: Kelly goes to Discovery Area to learn about sea life.

9:30: Kelly and friends clean up and snack. (Mmmm.)

10:00: Kelly and class walk to pet store to buy food for fish.

11:00: Kelly feeds fish and class talks about ocean life.

Lunch: Fish sticks, what else.

12:45: Naptime. Kelly lies on her cot, goes out like a light.

2:30: Snack time again. (Kids need lots of food.)

3:00: Kelly goes outside and plays on the Playscape.

4:00: A puppet show, starring Irvin, the Singing Trout.

4:15: Kelly reads two stories with teachers in circle time.

4:30: Kelly goes to Discovery Area and draws a school of fish.

5:45: Mom picks up Kelly, says hello and gets a big, giant hug.

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BH&G kids

"Here's Your Homework, Mom!"

The evening dilemma: how much to help

—by John Rosemond

My wife and I almost never helped our kids with their homework. Our rules were:

- Homework is done in your own room. How you do your homework is your business. Radio blasting? We don't care.
- If you need help, we will help—if we have the time and if it doesn't take much time. If it does, we're doing the teacher's job. We don't do the teacher's job. Go ask your teacher.
- Thirty minutes before bedtime, you must put all homework away and get ready for bed, whether or not your homework is done. You may not stay up even one minute late to do homework you've put off until the last minute.

That may sound harsh, but I believe that many well-meaning parents, when they become too involved with their children's homework, are helping their children learn the wrong things.

It's too bad that today's parents judge themselves and one another by the grades their children make in school. One mother recently told me, "If I stop helping my child with homework, I'll have to bear the guilt when her grades drop." But during my years of counseling families, I discovered that the opposite was true. When "lazy" children are given full responsibility for their homework, their grades may drop for a time, but

continued on page 232



He's never gone on a sleepover before because he wets the bed.

(But tonight, with GoodNites,® that will change.)



For years, he not only had to stay home while his friends enjoyed sleepovers, he could never tell anyone the real reason.

But all that is about to change. Because tonight he has Pull-Ups® GoodNites® disposable absorbent underpants, the first ever for larger children. GoodNites come in two sizes designed to fit kids 45 to 85+ pounds. They're plain white, like regular underpants, and thin enough to disappear under pajamas. That way no one knows they're on.

Yet GoodNites are so absorbent – even more absorbent than before – they'll take care of any nighttime accident. So your child will wake up to clean, dry sheets; which means your child can enjoy sleepovers and vacations without worry.

It is estimated that some 3 million children—10 percent of all children ages 5 to 10—wet the bed more than once a week. The causes vary, so it's important that you visit your pediatrician. You could be in for some good news. But one thing is absolutely certain. Your child *will* outgrow bed-wetting.

In the meantime, use GoodNites.



GoodNites® mean Good Mornings™

BH&G kids

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Grades matter, but it's more important to learn to be responsible and self-reliant, to persevere, and to set priorities and manage time.

usually not for long. In most cases, I found that within a year, these once-lazy kids were making better grades than they'd ever made while their parents were looking over their shoulders.

Unfortunately, too many parents (and teachers) think that the most important goal in school is earning good grades. Mortified by the possibility that their children, if left to their own devices, might earn bad grades, parents take over the management of their children's homework. They check it, pointing out the mistakes and insisting they be corrected. They don't let their children go to bed until their homework is done perfectly. They sit at the kitchen table with their children, pushing the homework along to completion. Some even do their children's work for them.

These parents don't realize that while they are helping their children get good grades, they're making it impossible for their children to learn responsibility, resourcefulness, self-reliance, and time management.

If you don't believe those are important lessons, consider an exercise I did at a recent seminar. I asked an audience of several hundred teachers a series of questions:

"How many of you use algebra on a regular basis?" Three hands went up. "Physics?" Two hands. "How many refer to your world history regularly?" Twenty hands—still only ten percent. "Now, how many of you need to accept difficult responsibilities on a daily basis?" All hands up. "How many of you must persevere in the face of frustration every single day of your lives?" All the hands stayed in the air. "Manage your time properly?" Still no hands went down.

My point, and the teachers proved it, was that the subject matter one must learn in school is not the most valuable learning taking place. The truly worthwhile learning happens "behind the scenes." Grades matter, but it's more important that students learn to be responsible and self-reliant, to persevere in the face of adversity, to set priorities and manage time properly, and to be resourceful. This, not grades, is the stuff of future success.

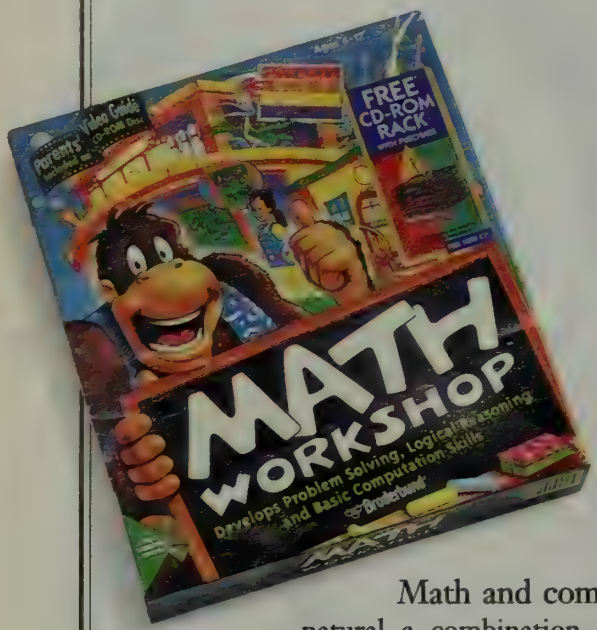
Family psychologist John Rosemond regularly writes about parenting issues for Better Homes and Gardens® *magazine.*

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THICK, RICH CHUNKS OF
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PRESENTING HERSHEY'S NUGGETS™
Because we all deserve something we can sink our teeth into.
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BH kids

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Math made fun

The best math software programs for kids

by Shannon Maughan

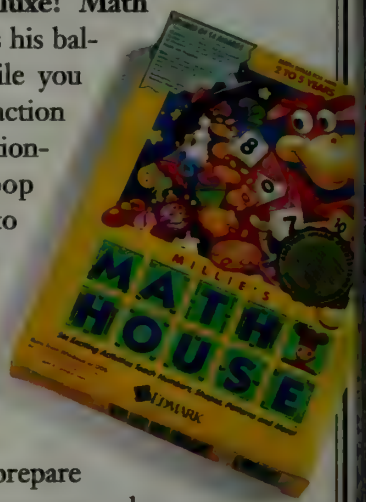
Math and computers is as natural a combination as kids and computers. Add the three together and it equals learning fun. If you have a computer, you already know what a great learning tool it can be. These programs help teach math skills, from counting to algebra.

From the opening lyrics, "Sunny day, chasing the clouds away," you'll feel right at home in the neighborhood of **Sesame Street: Numbers.** Elmo gets the ball rolling by pointing out games and activities that introduce numbers, counting, colors, shapes, and sizes. You can go on a paper clip chase with Ernie and Bert, and solve addition and subtraction problems to help the Count find his missing bats. The large star-shaped cursor and hot spots that sparkle when you pass over them are welcome touches for small hands at the controls. *(Creative Wonders, 800/245-4525, ages 3–6, Mac and Windows CD-ROM.)*

The door to **Millie's Math House** is always open for you to walk into six different math-related activities. Helping friends find their shoes is a fun way to learn about sizes, and recognizing numbers is the key to decorating cookies in the Cookie Factory. The Build-A-Bug activity invites you to create a creature with as many eyes, legs, and spots as you like. *(Edmark, 800/691-2985, ages 2–5, Mac and Windows/DOS diskette and CD-ROM.)*

And speaking of bugs, there are plenty of them in **How Many Bugs in a Box?** "Pretty bugs," "noodle bugs," and "mellow-yellow fish bugs" pop up in nine counting and matching games as well as in a storybook feature. You can serve Beetlejuice or Flea Fizz to the creatures at the Juice Bar, or Go Buggy driving through a number maze. Zippy original songs are sprinkled throughout, and you can select them from the Juice Bar jukebox, too. *(Simon & Schuster Interactive, 800/983-5333, ages 3–6, Mac and Windows CD-ROM.)*

It's math under the big top when you hop on over to visit the circus of **Deluxe! Math Rabbit.** Math Rabbit keeps his balance on the tightrope while you solve addition and subtraction problems. In a Concentration-like game, you can pop balloons with a dart to find matching numbers. Correct answers are worth tickets you can spend at the Prize Center. Choosing a number of notes to play a tune on the calliope and using math to prepare the sea lions for a performance are other center-ring attractions in this version of "the greatest show on Earth." *(The Learning Company, 800/852-2255, ages 4–7, Mac/Windows CD-ROM and diskette.)*



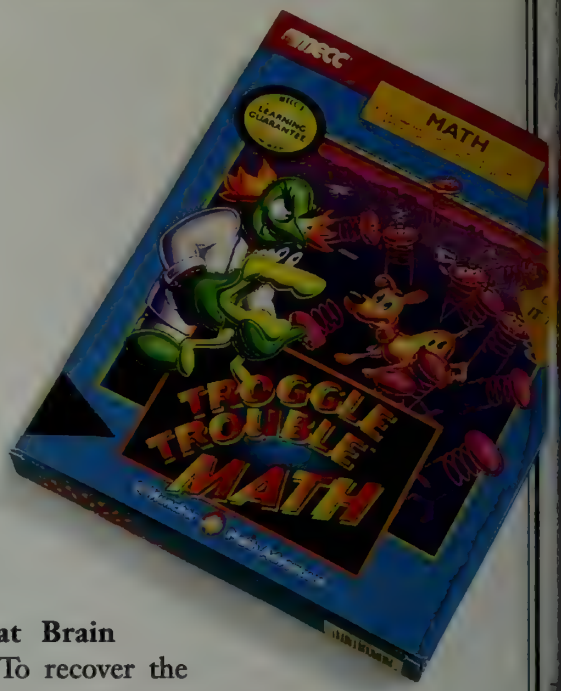
You'll find all the tools you need to build up your skills in addition, subtraction, fractions, problem solving, estimation, symmetry, and logic in the **Math Workshop.** And besides all that, it's a great place to hang out and have a good time. You can watch Gus the Gorilla bowl for numbers after you calculate correct

continued on page 236


Boy's best friend since 1895.
Kenneth, photographed by his mother, 1992 photo contest finalist.
In honor of our centennial, OshKosh B'Gosh is donating a portion of every sale to the Child Welfare League of America, an organization that has helped families raise happy, healthy children for 75 years.
OSHKOSH
B'gosh
THE GENUINE ARTICLE
Celebrating a Century as
The Genuine Article.

BH&G kids™

continued from page 234



answers to math questions, or you can listen to a jammin' dancing rhythm using the Fractionaire 2000 to measure the beats. When you correctly fill the "recipe," Algebird will boogie to the beat. The chipper Poly Gonzales is always available to leave her control room and provide kid-friendly explanations whenever you need help. Varying skill levels change the challenges every time you play. *(Broderbund, 800/521-6263, ages 6–12, Mac and Windows CD-ROM.)*

If arcade games are your specialty, then **Troggle Trouble Math** is a terrific way to get in some math practice. You and Sparky the Math Dog must rescue the Muncher from a colony of wicked Troggles. Your only tools are hints from Magenta the scientist, the troggulator she has invented, and your brain, of course. The action is fast, and solving the rapid-fire addition, subtraction, multiplication, and division problems is all part of the exciting rush. *(MECC, 800/685-6322, ext. 529, ages 6–12, Mac and Windows CD-ROM and diskette.)*

Math really takes off in the airport setting of **Addison-Wesley's Real World Math: Adventures in Flight.** You'll explore the flight deck, repair hangar, and the control tower to do data demos and quizzes to earn flight time. The more you get right, the more air miles you earn. Practical information on how food is delivered to the plane, how pilots determine speed and altitude, and how to read the different time zones puts air travel and math in a whole new light. Flight time enables you to view top-notch slides of real aircraft and learn more about them. An introduction/briefing narrated by eleven-year-old Vicki Van Meter, the youngest female to fly across the Atlantic, is great inspiration for budding pilots. *(Sanctuary Woods, 800/943-3664, ages 8–12, Mac and Windows CD-ROM.)*

Young detectives search through the spooky mansion of mad scientist Dr. Dabble in **Math Blaster Mystery: The Great Brain Robbery.** To recover the brain that Dr. Dabble has stolen, you must solve wacky word problems, compare fractions and percentages, and fill in the missing pieces of equations. This pre-algebra title also presents the concept of integers. As a finale, the daring catwalk through the Critter Arcade using a Goo Bag as protection is lots of slimy fun. A calculator and glossary help are always just a click away, and the gaming elements and varied skill levels are sure to scare boredom away. *(Davidson, 800/545-7677, ages 10–up, Windows CD-ROM.)*

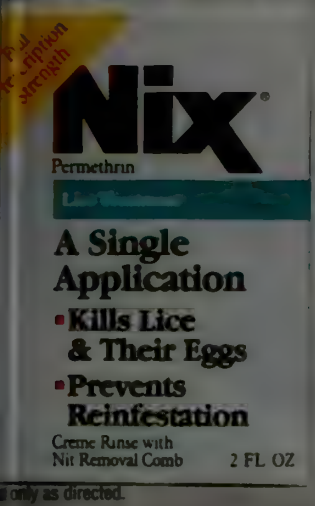
Algebra is revered on Planet Quadratica, the backdrop for **Alge-Blaster 3.** And algebra also happens to be the best defense against the invading Red Nasties. But before the battle begins, solid information on such topics as integers, factoring, and coefficients can be found in a helpful tutorial section, as well as in a hefty glossary. Sample problems and other opportunities for practice are also plentiful. In addition to mastering basic skills, you can proceed through a series of planet-saving games at beginner, advanced, and expert levels, and decode math terms by solving rebus picture puzzles. *(Davidson, 800/545-7677, ages 12–up, Windows CD-ROM and diskette.)*

Note: Most of these CD-ROM titles require 4MB RAM (8MB usually recommended for best performance), plus a CD-ROM drive, sound card, and color monitor.

Shannon Maughan is a magazine editor working in New York. She reviews children's software, books, music, and videos for a number of publications.

more back to school on page 238

HEAD LICE.
T'S AS COMMON AS CHICKEN POX.



That's why it's so important for you to know about the best way to treat head lice — Nix® Creme Rinse.

Why is Nix better?
Because lice lay eggs that cling to your child's hair and hatch after conventional treatment — and this can cause reinfestation.

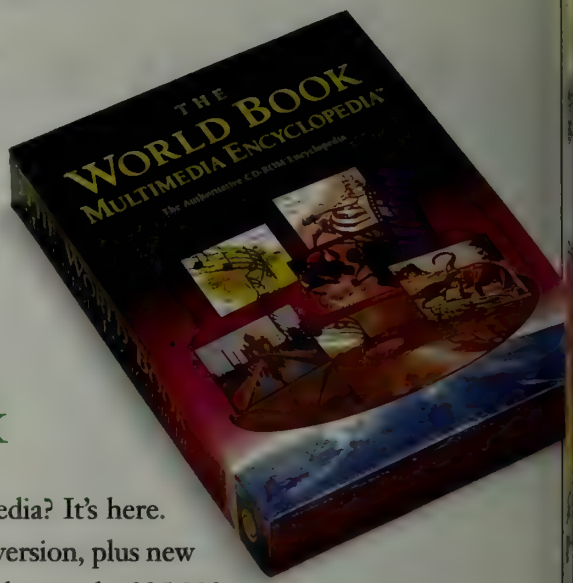
Only Nix kills lice and their eggs on contact and keeps on working to prevent reinfestation.

Dealing with lice once is bad enough. That's why, if your child gets lice, you want Nix.

ONLY Nix® KILLS LICE AND KEEPS THEM FROM COMING BACK.

BH&G kids™

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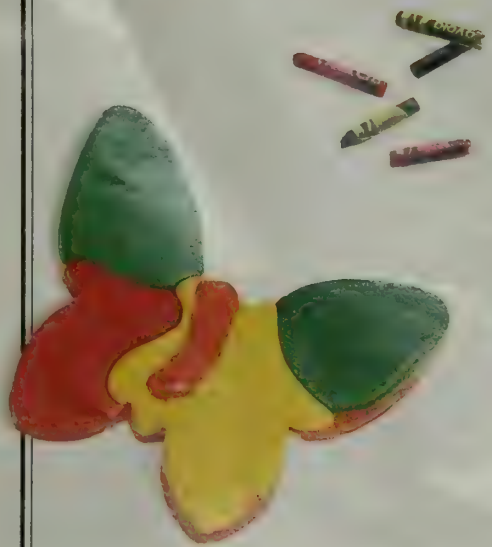


A whole new World Book

Have you been waiting for a multimedia World Book Encyclopedia? It's here. The encyclopedia includes all the articles and tables from the print version, plus new graphics, animation, video, and audio in an easy-to-use format. You also get the 225,000 entries from the World Book Dictionary.

The new World Book CD-ROM includes an "animation within animation" feature that allows you to access several animations at once. Similar to the principles of its print version, World Book CD-ROM users will find text at the beginning of each entry simple enough for beginners, then gradually increasing in difficulty for more experienced readers. The World Book Multimedia Encyclopedia is available for Windows or Macintosh; $179 suggested price; $99 for prior World Book owners or when purchased in combination with a World Book print set. Call 800/621-8202 for information.





Crayon art

Here's a way to recycle your worn-out crayons. Peel the paper off crayons and break into 1-inch pieces. Place three or four pieces of a similar color into a microwaveable cup. Place cup in the microwave on top of a paper towel. Cook on high 3–5 minutes, stirring occasionally. (Caution: cup gets hot.) After wax is melted, hold the cup with a pot holder and pour the melted wax into a cookie cutter that has been placed on waxed paper. To create a layered effect, pour wax into a small section of the cookie cutter; allow to cool, then pour another color over the first layer until you have several layers of color. Clean cup with a paper towel before wax hardens. When wax is hardened, push forms out of cookie cutters.

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HEY KIDS!

Enter the Second Annual

M&M MARS

MAKE A MONSTER CONTEST

WIN

$10,000

FOR YOUR SCHOOL

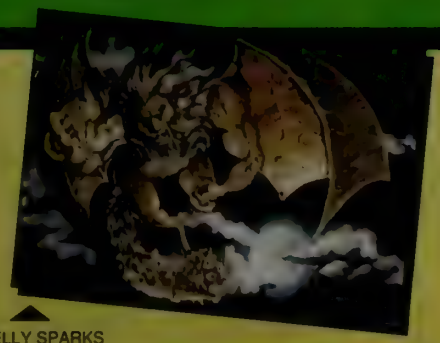
PLUS A TRIP TO

UNIVERSAL STUDIOS®

HOLLYWOOD OR FLORIDA

for more details, see the entry form below

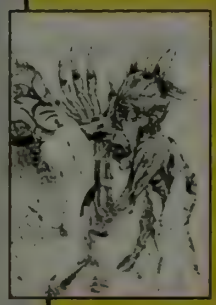
Congratulations to last year's winners!



KELLY SPARKS
GRADE 11
HEATH HIGH SCHOOL
WEST PADUCAH,
KENTUCKY

LOREN LEEBERG
GRADE 2
ST. JOHN LUTHERAN
WHEATON, ILLINOIS





CHRISTOPHER WHITE
GRADE 9
YARMOUTH HIGH SCHOOL
YARMOUTH, MAINE

NICK NUTH
GRADE 5
ADAMS ELEMENTARY
CORVALLIS, OREGON





RACHEL LEARY
GRADE 4
HUNTER ELEMETARY
RALEIGH, NORTH CAROLINA

OFFICIAL RULES: **1.** Send a non-returnable drawing or painting that communicates your monster creation, the official entry form or a reproduction of the official entry form on a 3" X 5" card with your name, address, zip code, phone number, school grade, age, school name, school address, and name of principal plus 2 proofs of purchase (UPC symbols from outside each package) from any size or variety of M&M/MARS FUN SIZE™ Candies to M&M/MARS "Make A Monster" Contest, P.O. Box 1391, Young America, MN 55594-1391. All entries must be received by November 17, 1995. Entries must be signed by you and your parent or legal guardian. All entries must include the following: By entering this contest, I hereby transfer and assign my original artwork and the copyright therein to M&M/MARS, together with all representations, warranties and rights as specified in the Official Rules. **2.** Contest begins September 3, 1995. Entries will be judged on the basis of originality and imagination (50%), artistic merits (50%), and meeting criteria of all the rules. Draw or paint with crayons, felt-tip pens, paint, or pencils only. Pictures must be no larger than 17" X 17". **3.** Enter as often as you wish, but mail each entry separately. An individual may only win once. Only one winner per school. M&M/MARS and its judging organization is not responsible for lost, late, incomplete, illegible, damaged, misdirected or postage due mail. Residents of GA, VT, and MD are not required to submit UPC symbols. **4.** Total value of all prizes is approximately $75,000. Grand prizes (4): An all expense paid trip for 4 to Universal Studios, Hollywood or Florida, plus a $10,000 contribution to the school of each winning student. Trip expenses include lodging, studio passes, meals for 4 days and 3 nights, rental car, round-trip coach airfare from a commercial airport closest to winner's home, and $500 spending money. No prize substitutions or transfers. Approximate retail value of trip is $9,000. Four grand prizes will be awarded, one to each of the following school grade groups: Grades 1-3, 4-6, 7-9, 10-12. The winning pictures will be chosen from all eligible entries received per school age group. The judging will take place on or about December 15, 1995 by a qualified panel of independent judges whose decisions will be final. All prizes will be awarded. All prizes won by minors will be awarded in the name of parent or legal guardian. All prizes to the school of the winning student will be awarded to the principal for the benefit of the school. Trip must be taken between March 1, 1996 and March 1, 1997. Travel must include a Saturday night stay over. Travel arrangements must be made six weeks prior to departure. **5.** All pictures become the property of M&M/MARS and will not be returned. Winners agree to use of drawings for promotional purposes without further compensation from M&M/MARS. **6.** Winners will be notified by mail. Winner and parent or legal guardian must sign and return an affidavit of eligibility and publicity and liability release within 14 days of notification. Prize will be awarded to an alternate winner if either affidavit is not so returned or if prize notification letter or prize is returned as undeliverable. **7.** Contest is open to all U.S. residents including Puerto Rico except employees of M&M/MARS, Universal Studios Hollywood and Florida, their affiliates, advertising and promotion agencies and members of their immediate families and all individuals not attending school (Grades 1-12). This offer is void where prohibited by law and is subject to applicable federal, state and local laws and regulations. Taxes and fees are the sole responsibility of winners. **8.** To obtain a list of prize winners, mail a self-addressed, stamped envelope (Residents of WA may omit stamp) to: M&M/MARS "MAKE A MONSTER" WINNERS LIST, P.O. Box 4624, Young America, MN 55558-4624. Requests must be received by March 1, 1996. **9.** In fairness to all, M&M/MARS and its judging organization cannot discuss the contest by phone, mail or in any other way with the contestants.

OFFICIAL ENTRY FORM

Here's my entry for the M&M/MARS "Make a Monster" Drawing Contest plus 2 proofs of purchase from any size and variety of M&M/MARS FUN SIZE™ Candies.
Please Print Carefully

Name _____

Address _____

City _____ State _____ Zip _____

Phone ( ) _____ School Grade _____ Age _____

By entering this contest, I hereby transfer and assign my original artwork and the copyright therein to M&M/MARS, together with all representations, warranties and rights as specified in the Official Rules.

_____
Child's Signature

_____
Signature of Parent or Legal Guardian

Write your name on the back of your artwork and mail it with this coupon to:
M&M/MARS "Make a Monster Contest", P.O. Box 1391, Young America, MN 55594-1391
All entries must be received by November 17, 1995

MANUFACTURER'S COUPON | EXPIRES 10/31/95

SAVE 25¢

on any variety of M&M/MARS MINIATURES or FUN SIZE® Candies

CONSUMER: This Coupon redeemable only on purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. Void if altered, transferred, sold, reproduced or exchanged. Sales tax to be paid by consumer. Limit one coupon per purchase, per consumer. **RETAILER:** To receive reimbursement for face value of coupon plus 8¢ handling fee, submit coupon to **M&M/MARS, P.O. Box 880622, El Paso, TX 88588-0622.** Invoices indicating purchase of sufficient stock to cover coupons presented for reimbursement must be shown upon request. Submission of coupons not redeemed in accordance with offer constitutes fraud. Cash value 1/20 of 1¢. Redeemable only in USA. Void where prohibited, taxed or restricted by law.

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SNICKERS · M&M's PLAIN · Milky Way · Mars · Twix · 3 Musketeers · Skittles · Starburst Fruit Chews

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BH&G kids™

continued from page 238



A keyboard of their own

Most kids aren't intimidated by their parents' computer. But a new product, kidBoard, can help make your computer even more child friendly—it's designed with little fingers in mind. The keys are closer together, and icons help teach kids where the keys are. They also learn keyboarding with three fun programs that are included. Don't worry about losing functions—kidBoard has all the function keys that most keyboards offer The IBM version is available at many stores. A recently released Macintosh version is available directly through kidBoard and some retailers. For information on a retail outlet nearest you or to order, call 800/926-3066. Ages 3 and up. Suggested prices: $69 for IBM, $99 for Mac.

Celebrate "back to school" with a party



The Sheehan family in Seattle treats back-to-school time like a holiday—they throw a party every September. The grandparents invite the elementary-age children in the family to a dinner in their honor. The cousins are asked to wear their new school clothes and to bring something from the previous school year to share. The children's parents act as waiters and serve dinner to the honored guests.

On the following pages you'll find some ideas for your own back-to-

continued on page 242



Home-baked banana nut bread.

There's no taste so irresistible. And only Post® Banana Nut Crunch® brings it to your cereal bowl.



© 1995 Kraft Foods, Inc.

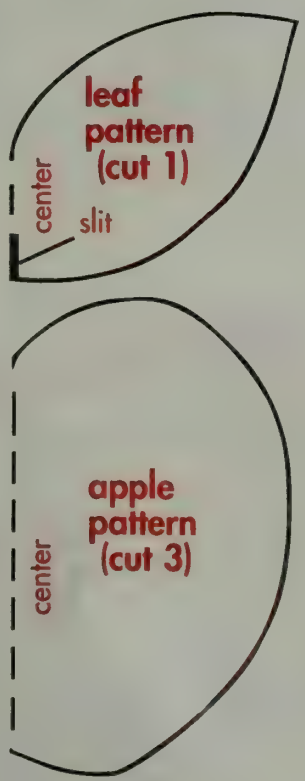
INTRODUCING THE SECRET TO ROASTED-IN TASTE.



NEW RECIPE SECRETS™ FOR POTATC
Pour on and bake for a roasted-in taste that's deep-down delicious. Look for it in the Bread Crumb/Coating section of your store.

continued from page 240

B.H.&G. kids™



school party. Invite the neighbors, or, as a get-acquainted event, a few of the kids who will be in your child's classroom this year.

APPLE PLACE CARDS

Materials

- Tracing paper
- Red and green construction paper
- Permanent black marker

Instructions

Trace patterns, *left,* onto a piece of tracing paper. Place each pattern along the fold of a folded piece of construction paper and trace. Cut out and unfold to form full shape. Cut slit between leaves. Print child's name on leaf. Lay apples flat and stack three together; machine-sew up the center. Open apple sections so it stands. Slip leaves on top.

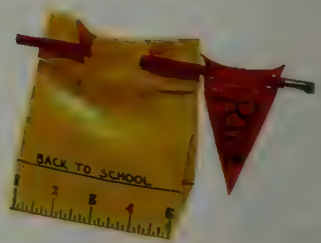
BACK-TO-SCHOOL BAGS

Materials

- Small yellow bags
- Ruler
- Black permanent marker
- Number stickers or paint pen
- Pencil
- Paper punch
- Construction paper
- Treats such as jelly beans, wrapped candies, gum, peanuts, and raisins

Instructions

Using marker and ruler, draw a 1¼-inch-wide ruler across the bottom of the bag. Use number stickers or paint pen to mark the inches. Print BACK TO SCHOOL across top of ruler.



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continued from page 242

Cut banner from construction paper; punch holes, then add school name. Fill bag with treats. Fold top of bag over twice. Punch two large holes in bag and slip pencil through the holes. Slide banner onto pencil.



SLATE CENTERPIECE

Materials

- Fabric paint pens
- Small chalkboard

Instructions

Print alphabet around edge of chalkboard using a pencil; draw over letters with paint pens. Write a note on the chalkboard, if desired.



NAPKIN POCKET

Materials

- Large dinner napkins
- Large, colored paper clip
- A box of crayons and other favors such as pencils, scissors, small rulers, chalk, erasers, and stickers

Instructions

Place napkin on the diagonal; lay crayon box in the center. Fold bottom napkin corner up; fold side corners to the center; fasten together with a paper clip. Slip additional favors inside the pocket.

PAPER CUPS

Materials

- Paper cup
- Three crayons

Instructions

Glue three crayons, side-by-side, to front of cup.

STORYBOOK PLACE MAT

Materials

- 18x12-inch sheet of storybook-ruled newsprint
- 18x12-inch sheet of construction paper
- 42-inch-long shoelace
- Paper punch

Instructions

Fold construction paper in half; round corners. Trim newsprint to measure 10½x16½ inches; fold in half. Slip folded newsprint, centered, between folded construction paper. Punch five holes, equally spaced, ½ inch from the folded edge. Open up pages; lace together as you would lace a shoe. Allow children to write and illustrate their own stories.

more back to school on page 248



Hanes lets you turn T-shirts into Free Shirts.

And socks and shorts and sweats. Are you all geared up for the Olympics yet? Well here's your chance. You can get exclusive Hanes Head 2 Toe Team Gear free when you buy Hanes® and Hanes Her Way® quality apparel. Just save your proofs-of-purchase. The more proofs you save, the more gear you can get. And Hanes Head 2 Toe Team Gear comes in kids and adult sizes; it's perfect for your team or your kid's team; and buying Hanes helps support the U.S. Olympic team. See participating stores for details, or call 1-800-252-1480. So buy Hanes® and Hanes Her Way® and get yourself and your team in gear.

USA Hanes

Proud To Sponsor The 1996 U.S. Olympic Team From Head To Toe.

Just wait'll we get our Hanes on you.®

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©1995 Kraft Foods, Inc

Try new Buffalo Wings from Shake 'N Bake®

The fun finger food that's perfect for when the family's watching TV or the whole gang's over for a party.



CAUTION:
Guests might not leave.

Better Homes and Kids™

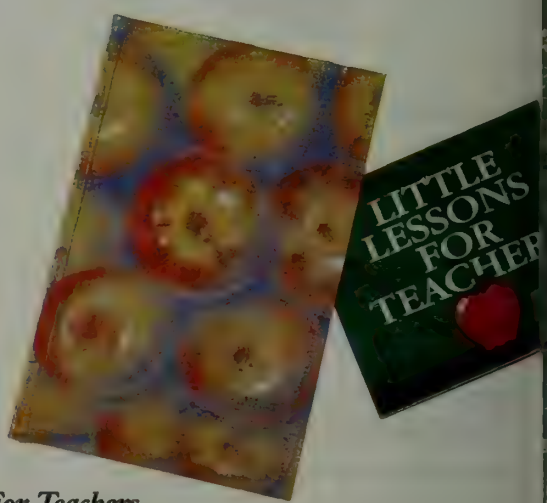
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CRAYOLA BACK-TO-SCHOOL THREE-PACK

Here are three fun, new products offered by special arrangement with Binney & Smith, Inc. Our three-pack includes one of each item shown *above*. **Crayola Mini-Stampers** have a mini-stamp instead of a tip on each marker. Included are a green footprint, a flamingo pink heart, a marigold smiling face, a fuchsia star, a red heart, a sky-blue paw print, a turquoise swirl, and a morning-glory-blue asterisk. The eight markers contain washable ink. **Crayola Wildlife Markers** take their shades from nature and include monkey brown, iguana green, giraffe yellow, tiger orange, peacock blue, parrot pink, elephant gray, and crocodile green. The eight broad-line markers contain washable ink. **Crayola Glow in the Dark Crayons** make designs that create a whole new dimension to play. Pictures are "charged" by placing them in any normal light source for 15 seconds. When the lights go out, all images glow bright yellow. Pictures are "rechargeable" by placing them in a light source. The eight-pack of crayons includes seven colors and a "colorless" crayon that you can see only in the dark. ($19.95)

A LASTING GIFT FOR A FAVORITE TEACHER



This set of two books from Sta-Kris, Inc., makes a wonderful gift. ***Little Lessons For Teachers*** is a 72-page softcover book offering inspiration, strength, and wisdom. It measures 5¼×4½ inches and contains 433 tips. The ***Apples On Linen Journal*** is a hardcover book (5½×8½) containing 80 blank pages for recording and saving personal thoughts. ($18.95)

To order these products, see page 250. More back to school on page 250

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Ahh-Chew!



New Benadryl® Allergy Chewables. With the great grape taste that makes it easier to treat your kid's allergy symptoms.



The allergy medicine most recommended by pediatricians is now easier than ever to take. Because along with Benadryl Allergy Liquid Medication, now there's Benadryl Allergy Chewables. The same Histamine Blocking strength to relieve runny nose, itchy eyes and sneezing, but in a great grape taste kids love. Another great way Benadryl gets kids with allergies back outside where they want to be.

THE HISTAMINE BLOCKER

For Kids

ADVERTISEMENT

For Kids Only!

What does your favorite day look like? Use your imagination and draw a picture of what your *Best Day Ever* would be like! You could win money for college in the

"Best DAY EVER"

ART CONTEST

2 GRAND PRIZES

$2,500 Savings Bond

6 RUNNER-UP PRIZES

$1,000 Savings Bond

Co-Sponsored by:

Anheuser-Busch, Inc. · Banana Nut Crunch
Hanes · Healthtex · Hershey's Nuggets
Kimberly Clark GoodNites/Pull-Ups
KinderCare · Nestlé Cookie Dough
OshKosh B'Gosh · Quaker Life Cereal

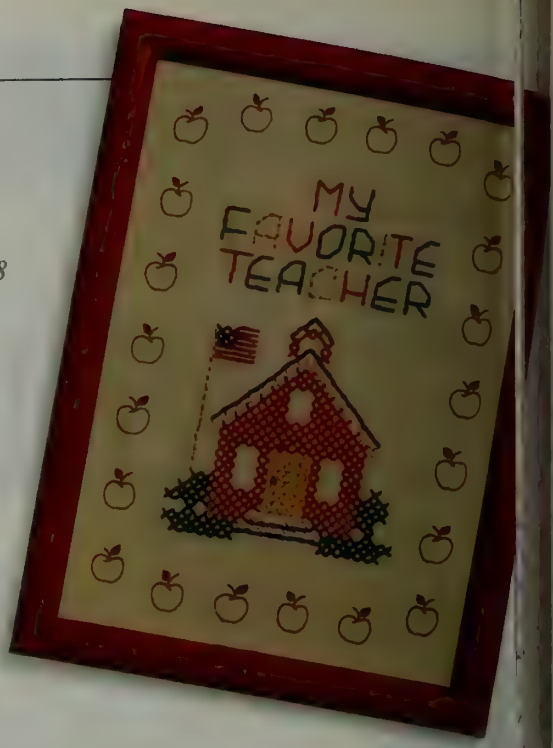
Send entries to: Art Contest/BH&G® Marketing Services, 750 Third Avenue, New York, NY 10017.
Include proof-of-purchase from one of the co-sponsors listed above.

CONTEST RULES

1. All children age 12 and under who are U.S. residents are eligible to participate. Employees of the Meredith Corporation and their relatives are not eligible. Residents of Arizona, Maryland and Vermont need not submit a proof of purchase. 2. To enter, children may use pencil, pen, crayon, color markers and/or paints only to draw a picture depicting their best day ever, either real or imaginary. Paper should be no larger than 11" x 18". Include child's name and age, guardian's name, address and signature on the back of entry. Computer or other machine-generated artwork will not be accepted. Artwork must be original, not previously published and not copied. Entries will be judged on creativity, originality and quality of expression. 3. One entry per child only. 4. Contest begins on August 7, 1995. Entries must be received by October 9, 1995. Send entries to BH&G Marketing Services, 750 Third Ave., New York, NY 10017. We can't acknowledge or return submissions. No responsibility for late, lost or misdirected mail. 5. Two Grand Prize winners will be selected, one age 7 or under and one between ages 8-12. Three runners-up will be chosen in each age group. Winners will be chosen on or about October 15, 1995. Grand Prize winners will receive a 7-year savings bond worth $2,500 at maturity; runners-up will receive a seven-year $1,000 savings bond. Only one prize per entrant.Winners' guardian will be required to sign Affidavit of Eligibility, Release and Assignment within 10 days of notification. 6. All entries submitted become the property of the Meredith Corporation. All rights, title and interest, including copyrights of winning entry belong to Meredith. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the responsibility of the winners. No prize substitutions. The decision of the judges shall be final. 7. Winners will be notified by mail by October 27, 1995. 8. For a list of winners, send a SASE to Art Contest Winners' List, BH&G Marketing Services, 750 Third Ave., New York, NY 10017

BH&G kids

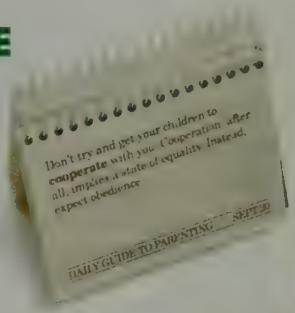
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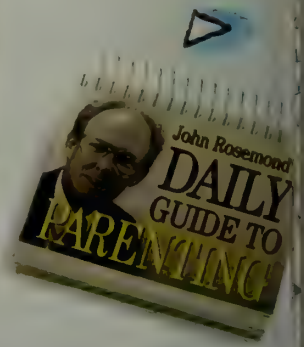


TEACHER SAMPLER

This easy-to-do counted cross-stitch sampler kit from Willmaur Crafts Corporation contains no. 14 Aida fabric, embroidery floss, needle, chart, step-by-step instructions, and the 5×7-inch red wooden frame. ($10.95)

DAILY GUIDE TO PARENTING





John Rosemond's ***Daily Guide to Parenting*** from Sta-Kris, Inc., offers bits of wisdom and down-to-earth advice. These daily inspirational messages and nuggets of his parenting wisdom can help parents with commonsense approaches to developing respect, responsibility, and resourcefulness in children. Softcover, 182 pages, about 5½×5 inches, and spiral-bound with a built-in easel. ($14.95)

TO ORDER All prices shown, *above* and on *page 248*, include shipping, handling, and sales tax, if applicable. To order with your Mastercard, Visa, or American Express card, call *Better Homes and Gardens*® Reader Shopping Service at 800/881-4066. To order by mail, make a list of the products you wish to order and calculate the total from the prices shown. Then send your list along with a check or money order for the full amount to: *BH&G* Reader Shopping Service, Department 9509, P.O. Box 9128, Des Moines, IA 50306-9128.

More back to school on page 252

There are plenty of reasons to fight underage drinking.

Here's how we're doing it.

At Anheuser-Busch we're committed to putting an end to underage drinking. That's why we have developed, or help to support, comprehensive programs to tackle the problem. They're all based on providing the education and awareness that young people need for responsible behavior and decision-making.



♦ *Family talk about drinking.*

Experts agree that it is important for parents to discuss drinking with their children at a young age to help prevent underage drinking. Our Family Talk brochures, prepared with the help of professionals in alcohol education, child psychology and family counseling, provide parents with useful discussion guides to help them answer questions and cover important points with their children. For copies, just call 1-800-359-TALK.

♦ *National Collegiate Athletic Association Foundation.*

Along with the National Collegiate Athletic Association Foundation, we provide alcohol education grants through their "Choices" Program. It encourages NCAA colleges, universities and conferences to develop, implement and evaluate campus-wide alcohol education programs that work toward the elimination of underage drinking and promotes education designed to enable the students to make informed choices about their lives.

♦ *BACCHUS.*

Established on over 500 college and university campuses throughout North America, BACCHUS is an international student organization devoted to providing proactive alcohol education programming at a peer to peer level. Through the development of year-round education initiatives, BACCHUS students promote responsible decision-making, healthy lifestyles and encourage respect for the law and campus drinking policies.

♦ *Program ID.*

We sponsored this booklet to help retailers enforce drinking age laws. It provides prototypes of drivers' licenses from all 50 states to help verify the authenticity of ID's when presented.



♦ *Barbara Babb Lecture Series.*

Some young people may believe that the consequences of underage or excessive drinking will occur to somebody else, never to them. Barbara Babb, R.N. and former critical care flight nurse, dispels that myth in her provocative presentation entitled "Make The Right Call." She has made a lasting impression on over a quarter of a million high school students across the country. Her program gets underage kids to think hard about what they could be doing to themselves and their loved ones if they drink.



Programs like these are working. Underage drinking is on the decline. According to a study by the University of Michigan Institute for Social Research, drinking among high school seniors has dropped 29% since 1978, and is now at its lowest level since the study began in 1975. Since 1982, the number of drivers killed in teenage drunk driving accidents has decreased by 60% as reported by the U.S. Department of Transportation. It's progress, but there's a lot more work to do.

At Anheuser-Busch, we feel that education and awareness are the best tools to fight underage drinking. We will continue to support these programs and develop new ones to help make underage drinking a thing of the past.

Anheuser-Busch, Inc.

We invite you to share your thoughts on the issues mentioned here. We would also be happy to send you information regarding our policies and programs designed to encourage responsible drinking. Write: Anheuser-Busch, Inc., Consumer Awareness and Education, One Busch Place, St. Louis, MO 63118.

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BH&G Kids™

continued from page 250



Surviving freshman year

Guidance counseling for students and parents

by Debra Solberg Gibson

Almost since your child was born you've been letting go, a little bit at a time. Now you're ready for the big one—college. No doubt you are both a little anxious. But this year doesn't have to be painful for either of you. Here's how you can help your son or daughter get off to a great start.

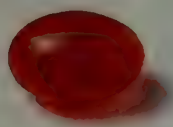
SUCCESSFUL FRESHMEN:

Have an academic goal. Even if your student realizes right away that her declared major wasn't the best choice, she should make a commitment to finding a more suitable course of study as soon as possible. Ignore the myth that campus career centers are for seniors only—use these services immediately.

Get involved. "Start right away to make campus your new home," says Char Davis, director of enrollment management at the University of South Carolina. "If you can ignore the lure of the football games back home and spend those first few weekends on campus, you'll soon find equally fun things to do in your new home." Most schools offer orientation and welcome activities for new students; Davis advises participating in these events when everyone

continued on page 254

Announcing A Jellybean That's A Tidal Wave Of Flavor.



When you make a
jellybean that bursts with real fruit flavor,
it's going to create more than just a splash.
New Starburst® Jellybeans.
Hold on to your tastebuds.

THE JUICE IS LOOSE™



MANUFACTURER'S COUPON | EXPIRES 09/30/95

SAVE 45¢ Starburst Jellybeans

WHEN YOU BUY

Starburst® Jellybeans (8-oz. bag or larger)

129359

CONSUMER: This coupon redeemable only on purchase of product indicated. ANY OTHER USE CONSTITUTES FRAUD. Void if altered, transferred, sold, reproduced or exchanged. Sales tax to be paid by consumer. Limit: one coupon per purchase per customer.
RETAILER: To receive reimbursement for face value of coupon plus 8¢ handling fee, submit coupon to M&M/MARS, Box 880-622, El Paso, TX 88588-0622. Invoices indicating purchase of sufficient stock to cover coupons presented for reimbursement must be shown on request. Submission of coupons not redeemed in accordance with offer constitutes fraud. Cash value 1/20 of 1¢. Redeemable only in U.S.A. Void where prohibited, taxed or restricted by law.

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MARS, Incorporated 1995

continued from page 252

is geared up to help you make friends.

Some schools even arrange for "substitute families" to help ease the transition and homesickness. The University of Nevada-Las Vegas Alumni Association sponsors a Home Away From Home Program that matches interested students with compatible Las Vegas families. They meet throughout the year for family dinners, movies, holidays, recreation, or to answer questions the student might have about the community.

Get along with their roommates. "Remember that you're not picking your life partner—this is someone with whom you're sharing living space," Davis says. Some roommates become best friends; others cohabit successfully but don't socialize.

As early as possible, your child should meet with his roommate and negotiate how they'll live together. Some schools provide roommate contracts that mediate everything from stereo decibels to sleepover guests.



Some schools provide roommate contracts that mediate everything from stereo decibels to sleepover guests.

Manage their time. "In the beginning, it always appears that students have much more free time than when they were in high school," Davis says, "but they actually have considerably more to accomplish." She recommends your freshman ask older siblings or upperclassmen to share their calendars as examples; most schools also offer time-management courses.

Manage their money. For many freshmen, college is the first encounter with balancing checkbooks and maintaining budgets. Sit down with your child before she leaves and have a frank discussion about the money that is available; work together to establish a plan on how it can best be spent. Encourage her to keep written records that you can review.

Are good consumers. "Along with paying for classes, students are paying for older, wiser advisers to help them plan their classes and give them advice," Davis says. "These resources are crucial. Don't trust such an important part of your college career to nonexperts."

Play it safe. Remind your child that his room should be treated like home. The door should always be locked when he goes out, valuables should be kept out of sight, and both women and men should remember there's safety in numbers. "No one deserves to be victimized, but the situations students put themselves into may increase or decrease their chances for trouble," Davis says.

Remain true to themselves. College will expose your freshman to even more lifestyle options than high school. Davis suggests your child think about her comfort level with these choices (for example, drug and alcohol use, sexual activity) *before* being presented with them, and determine under what circumstances certain decisions will be made.

Stay healthy. Many social activities don't begin until late evening, often when your student is accustomed to turning in for the night. Likewise, late-night pizza becomes a fifth food group to college students. Poor nutrition and not enough sleep lead to frustrated and often physically ill freshmen. Encourage your child to practice moderation and find time for exercise.

Remember why they're in school. Going to classes should be a given. Even more important, taking advantage of the diverse opportunities college offers and making good decisions contribute to lessons learned for a lifetime.

Before packing the bags, your freshman might want to read: *The Ultimate College Survival Guide*, by Janet Farrar Worthington and Ronald Farrar, Peterson's Guides Inc., 202 Carnegie Center, Princeton, NJ 08540; 800/338-3282; $11.95 (softcover).

continued on page 256

low to help
our child
ut of diapers
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he Big Time.

our child in toilet training? About to
t? Your timing is perfect! The makers
Huggies® diapers have just introduced
ew generation of Pull-Ups® training
nts that moms say works better than
y other way to train.

Success starts here.

oing potty" is one thing you can't do
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back from front. This helps kids learn "how" their Pull-Ups (and all their "Big Kid") pants should go. It's a simple idea that helps you teach a lifelong skill, and only Pull-Ups have it.



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The new Pull-Ups interactive training guide is informative for parents and motivational for kids. Written with the help of pediatricians, it covers pretty much everything parents and children need to know, and it's full of fun activities to make all the right things happen for you and your child. Better yet, it's almost free ($1.00 for printing, postage, the works). For your copy, please write to Pull-Ups Training Guide, P.O. Box 1007, Maple Plain, MN 55592.



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continued from page 254



CHEERING OR CRYING? FIRST-YEAR SURVIVAL SKILLS FOR PARENTS

Freshman year can be just as hard on the parents as it is on the freshmen. Karen Levin Coburn, associate dean at Washington University and coauthor of *Letting Go: A Parents' Guide To Today's College Experience*, shares advice:

First, acknowledge that your entire family is going through change—everyone's role will be altered. It's okay to alternate between excitement and sadness. Enjoy the opportunity to spend more time with your other children; if your freshman was the last to move out, take advantage of your newfound independence.

Be a firm link for your child as he experiences homesickness and doubt. Let him know you have faith in him and his decisions. Be a good listener, and don't overbuild this period in his life as idyllic. It may seem so to an overworked, middle-aged parent, but it may not be to an 18-year-old. While it's hard for parents when unhappy children call home, Coburn suggests that you not become upset. "Your child is looking to you for stability, not to become even more frightened."

Communicate with your child on a regular basis, even if you don't hear back as often. Short notes, phone calls, and e-mail messages may not seem as formidable for your freshman to return as a long letter. Some families schedule a routine phone call at the same time each week; other families prefer more spontaneous communications.

Don't make unannounced visits to campus. Many schools offer a parents' weekend in the fall; make certain your child feels settled in enough for you to visit. If your child is feeling insecure, seeing you may intensify those feelings.

If your student wants to come home every weekend, gently remind her that she needs to become connected to the school and find her niche. But also remember, Coburn says, that "some kids just need to come home to make sure that everything is OK."

Avoid family quarrels when your child's newfound freedom clashes with house rules during trips home. Acknowledge that you respect his independence, but that you don't want to wake up at 5 a.m. worrying about where he is. Negotiate new ground rules.

If you have expectations for your child's academic performance, talk about what grades you anticipate. But Coburn cautions that most first-semester freshmen don't do as well as they did in high school. "Often, parents focus so much on grades that they miss the opportunity to find out what their child is learning," she says.

Read the parents' handbook so you know the procedures if your child has problems. Coach her to try the next step when things don't work out; contact school officials yourself only as a last resort. Allowing her to handle it on her own teaches valuable lessons.

Show interest in your child's friends, but don't interrogate. When Coburn's children were in college, she'd discreetly take notes when they mentioned friends in phone conversations; future talks allowed her to chat knowledgeably about these new, important people in her children's lives.

Don't exclude him from family stresses. Unless it's the night before finals, tell him about an ill grandparent or the loss of a job. Keeping the truth from him will only make him feel anxious about what else might be happening without his knowledge.

Keep a sense of humor, enjoy your child as she discovers the world, and remember, says Coburn, that "parents are much more important than their children will ever let on. Your support, encouragement, and faith in them is all-important."

For further tips, read: *Letting Go: A Parents' Guide to Today's College Experience*, by Karen Levin Coburn and Madge Lawrence Treeger, Adler & Adler Publishers Inc., c/o Woodbine House, 6510 Bells Mill Road, Bethesda, MD 20817; 800/843-7323; $12.95 (softcover). ⌂

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auto update

SEPTEMBER

by Margaret Daly

Midsize sedans Favorite family cars

More than one of four new cars sold today is a midsize sedan. Long valued for safety and convenience, today's four-door midsizers are increasingly fun to drive, and they make nifty design statements, too.

New Ford Taurus

Redesign of the best-seller

Ford woke up the U.S. auto world with its revolutionary Taurus and Mercury Sable models in 1986. Now they're out with a significant redesign that's likely to keep Taurus in its number-one car sales slot. The new design looks downright sporty, with an arching hood and low nose, elliptical headlights, and taut wraparound body lines. The interior is spacious; the handsomely designed instrument panels easy to read and use. With bucket seats or a bench that seats three in front when a center section folds up. Engines: a new, 24-valve DOHC V-6, or an overhead-valve V-6. 100,000-mile tune-ups. Starting at $19,390.



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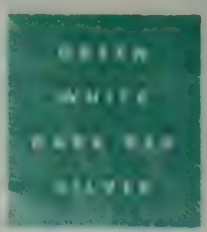
The following list shows the number of injury losses reported to insurers from 1991–1993 compared to a midsize-sedan class average of 98; the lower the number, the better.

**Volvo 850 63
*Buick Century 69
*Lexus ES 300 69
**Mercury Sable 74
Oldsmobile Cutlass Supreme 74
Buick Regal 74
*Chrysler New Yorker 74
*Oldsmobile Cutlass Sierra 76
**Ford Taurus 78
Chevrolet Lumina 81

Source: Highway Loss Data Institute
** indicates driver's air bag*
*** indicates dual air bags (during the years of the study)*
(Note: Models in later years have more air bags.)

Midsize buyers shift to green

White may be the top color for midsize sedan sales, but that's due largely to fleet buyers (car rental companies, for example). The color of choice for individuals veers toward some form of dark green. Sherwood green was first for Chevrolet's Lumina buyers, then white and Mediterranean blue. Ford's Taurus and Sable buyers liked emerald green, vibrant white, and dark champagne. Spruce green grabbed Eagle Visioneers, then platinum silver and white. For Chrysler Concorde: platinum silver, spruce, and white. For Dodge Intrepid: spruce, then white, then Chargold.





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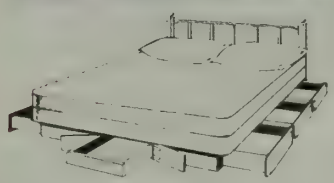


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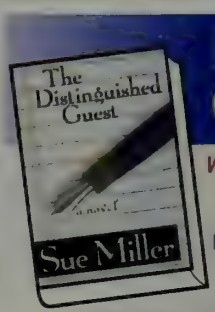
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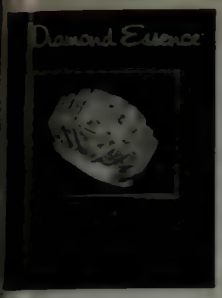
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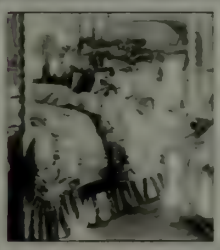
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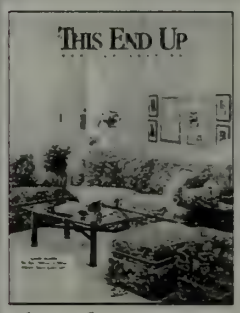


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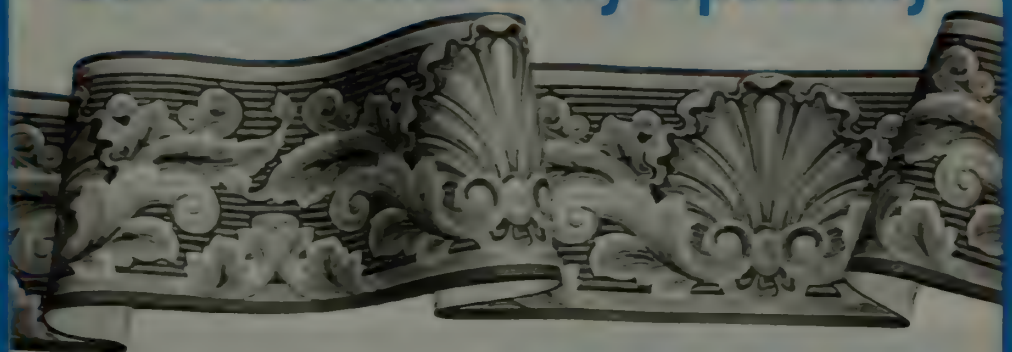
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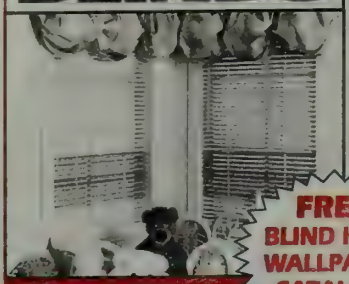
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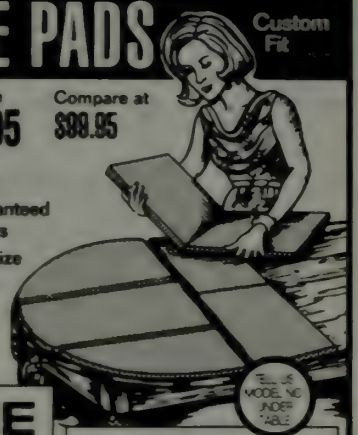
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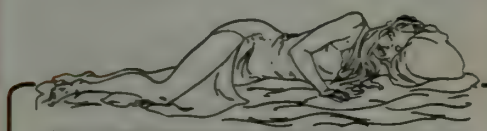
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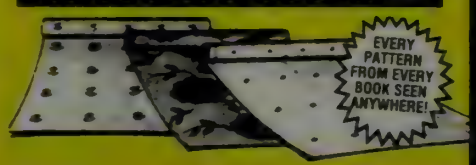
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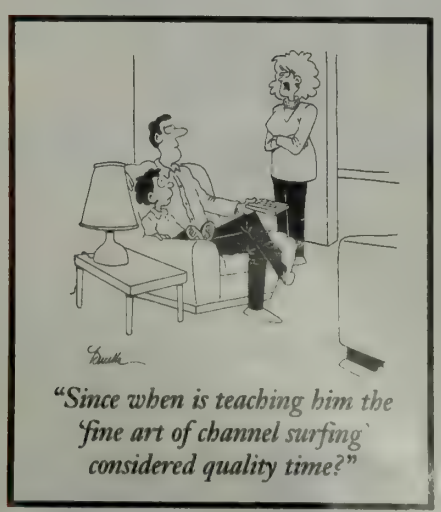
Aunt Opal just returned from a vacation to complain that despite the high seasonal rate her resort charged, it still had the nerve to refer to her as "a guest."

One of the chief obligations of parents, declares Grandma Hillis, is to teach their children to work hard to get what they really want out of life, but also to appreciate what they end up getting.

Our Rosemary writes from college that her dormitory colleagues who get the most mail either have many friends at home "or lots of credit cards."

Among the conveniences of small town living, says Uncle Dodd Buckner, is that you can easily figure out what's going on by watching where people's cars are parked.

Judy, age 10, discovered this summer that one of the problems in getting her permanent teeth is that she lost a good source of income.



"Since when is teaching him the 'fine art of channel surfing' considered quality time?"



"You'll like the boss...it's mandatory."

"Some folks like to claim they are self-made successes," the Rev. George Hall said last Sunday. "However, they may want to give some credit to the supportive pit crew at home."

Elaine Cowan reports that her company's orientation program for new employees now advertises "hands-on training," just when all the old-timers have finally realized they need to keep their hands to themselves.

One reason Washington, D.C., gets so little accomplished in late summer, reports Congressman Nick Hanfli, is that "the government is being run by whoever is unlucky enough to still be there."

Grandpa Hillis has reached that point in his life where he no longer measures his age in years, but by the number of tricycles and bicycles he's assembled for all his children and grandchildren.

~After I wrote a check to the homeless shelter and then opened my wallet to contribute to our annual community fund-raiser, Burt Jr. looked at me with a puzzled face.

"Why do you give money to people you don't even know?" he asked.

"Because they need it," I responded. "And if people like your mother and I, who can afford to give, don't help out, then who will?"

"Did anybody ever give you anything?" he persisted.

I thought about it for a minute before answering. "Son, I've been given about as much as any person could want—a loving family, a job I enjoy, and friends who would do just about anything for me. I guess I'm trying to repay the world a little bit of the happiness it has given me."

Burt's brow folded. He paused and looked up at me. "Well, you better start paying more because Mom always says I'm priceless."

Burton Hillis

October

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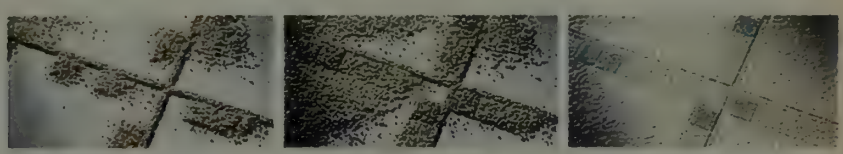
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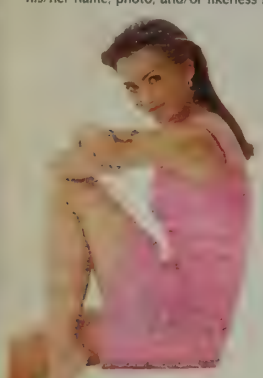
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Except for Grandma and a great aunt or two, my ancestors are only names and dates on crumbling tombstones. Still, I know them! I can wander through the little country cemetery and recall stories passed from generation to generation—tales of homesteaders' hardships and infant deaths, weddings and community celebrations. It's through those recollections and a few precious hand-me-downs that I've pieced together the family that preceded me. For instance, I love having Grandma's handwoven shawl and the trunk she brought from Norway. They make me feel connected to my roots.

Those "connections" are important to many of us and, fortunately, there are museums all over the country that help preserve various cultures. One of this season's "must see" shows for me is "Norwegian Folk Art: The Migration of a Tradition" at the Museum of American Folk Art in New York (through January 7). There, hundreds of handcrafted items will celebrate the creativity of my ancestors' homeland and the emigrants who left it.

As I absorb the exhibition's carving, rosemaling, and weaving, I'll imagine those folk artists and their lives. And, suddenly, the distance of years and miles will be replaced by a sense of connectedness.

In a world of uncertainty, our ethnic heritages can act as anchors. When we don't always know what's ahead of us, it's a good feeling to know what—and who—is behind us!

Jean LemMon

Jean LemMon, *Editor in Chief*

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Visit your local hardware or variety store to discover all the inexpensive storage items that might be useful in your kitchen. For example, buy a wire rack for boxes of foil and plastic wrap and stacked plastic bins for potatoes and onions.

Keep tabs on jewelry while you're working in the kitchen by installing a cup hook or two under a cabinet near the sink. Hang your rings, bracelets and watches on the hooks to keep them out of harm's way.

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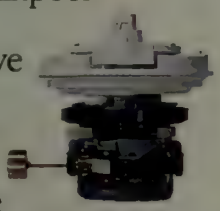


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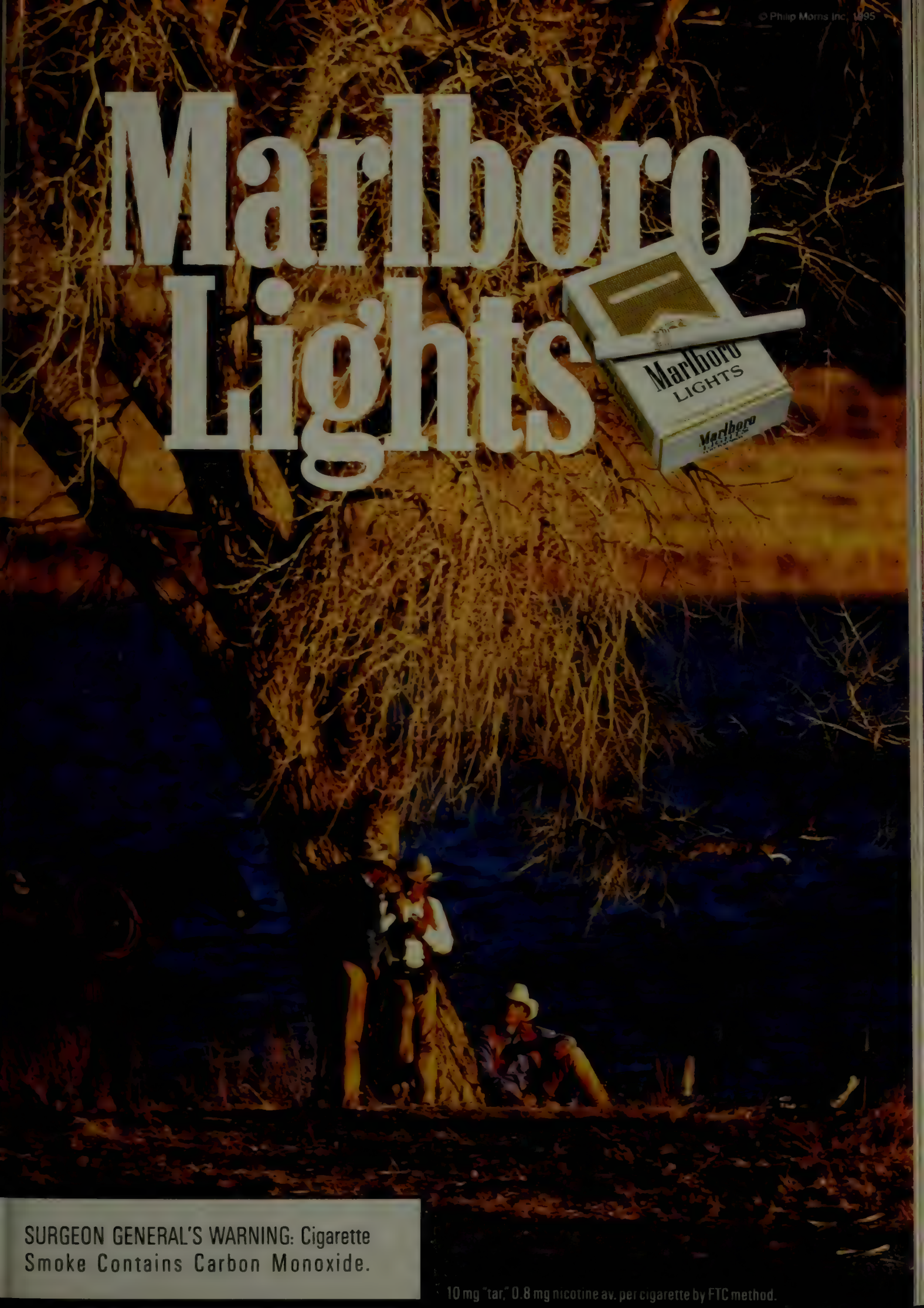
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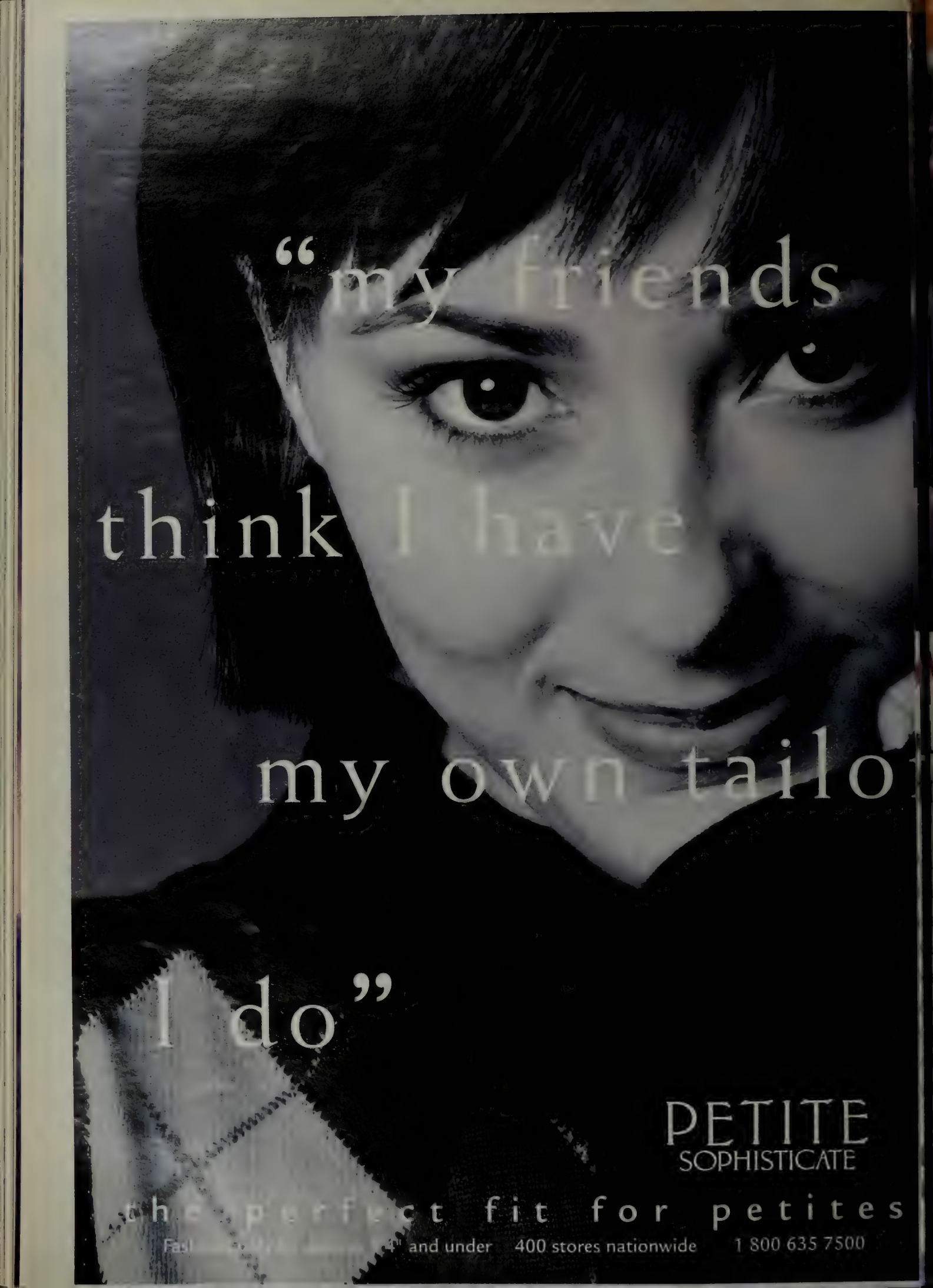
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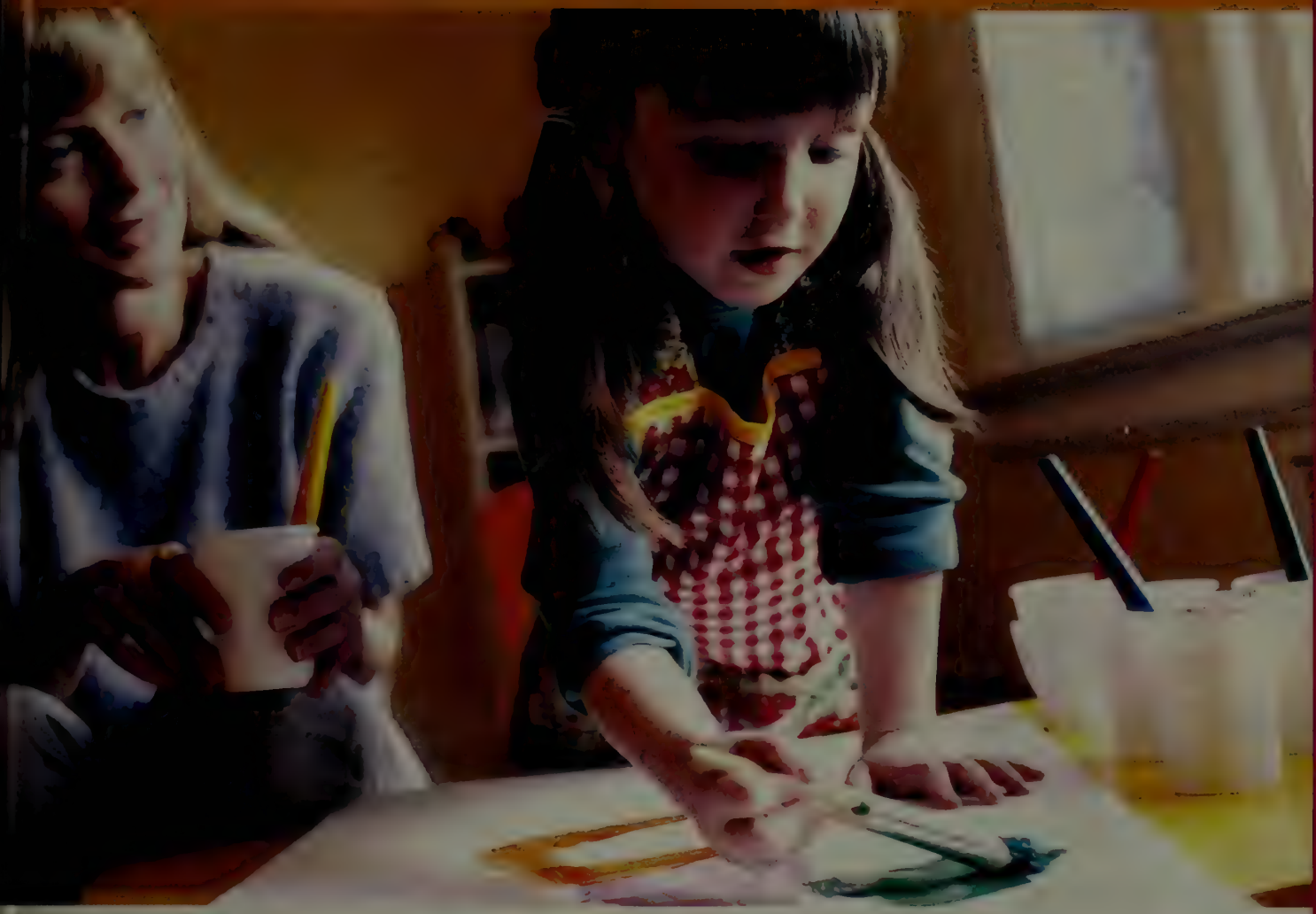
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family network

READERS' SOLUTIONS

WHISPER FOR RESULTS

A wise grandmother told me that whispering works wonders when a child is angry. Simply whisper gentle words into his or her ear. The youngster will stop crying to hear what you're saying. It beats having a shouting match.

Betty Peel
Milford, Ohio

A TUBE FOR EACH

Buying a different toothpaste for each member of our household to accommodate individual taste preferences has turned out to be a very effective way to help prevent the spread of colds. For those who choose identical brands, we mark each tube with a waterproof marker color-coded to their toothbrushes.

Lee Vincent
Andover, N.J.

BELT CAPTAIN

My 5-year-old never wants to put on his seat belt, so I made him the seat-belt captain. I'm not allowed to start the car until the seat-belt captain tells me that all occupants have latched their belts. He loves it so much I never have to tell him to buckle up.

Cherry Monegan
Mantua, Ohio

GOING-AWAY GIFT

When friends were relocating from the Philadelphia area to Dallas, we wanted to give the family a going-away gift that would help them become acquainted with their new surroundings. We gave them a book listing Dallas attractions and a family membership to the Dallas Zoo. This was a good way for our friend to explore their new hometown.

Monica S. Doyl
Springfield, Pa

TOYS FOR CALLS

My 2- and 3-year-old childre always cry, whine, or get into troubl whenever I talk on the telephone. have found a solution that work every time. We have special toys tha they're not allowed to play wit unless I'm on the telephone. No they look forward to the phone ring ing, and I enjoy having uninterrupt ed telephone conversations.

Robin E. Sapi
Palm Harbor, Fla

EDUCATIONAL COMMUTE

I mix fun with education to keep m three children occupied on our 25 mile trip to school each morning We discuss a word such as "horizon tal," and then we try to spot as man horizontal items as possible. Thi game has made my boys, ages two t six years, more observant, and ha enriched their vocabularies.

Nita Moi
Alma, Ark

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each idea published, if you provide your Social Security number.



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STYLE IN THE MAKING

window dressings

Give your window its own quick-change wardrobe. Start with a breezy shade or lace curtain for summer, then layer on a cozy quilt, a plaid "shirt," or a tailored "skirt" when autumn's winds blow.



WINTER

RAGS AND QUILTS



SUMMER

Warm an existing shade or blind with a snug quilt, or start with our rag-rug shade. Measure inside width and length of window. Purchase two rugs to these measurements. *Shade:* Tie one fringe edge on one rug around horizontal bar of hardware. Tie opposite fringe edge around a ¾-inch dowel cut to width of window; roll up this end of rug and slip rope loops of hardware in place. Attach hardware to window. *Valance:* Cut other rug ⅙ the length of the window plus 2½ inches. Turn under cut edge 2½ inches; sew casing 2 inches from fold. Slip onto spring-tension rod. *Curtain:* Measure width of window; measure length from top of window to within 1 inch of floor; add 5 inches for heading/casing. Add ½-inch seams. Cut shape from quilt and lining. With right sides facing, line the quilt, leaving an opening for turning. Turn. Press; sew opening closed. Sew 2-inch-wide rod casing 3 inches from top. Hang onto rod.

continued on page 30

PHOTOGRAPHS: KING AU. DESIGNS: JIM WILLIAMS. TEXT: LAURA HOLTORF COLLINS



If you won't listen to my advice on achy-breaky hearts, maybe you'll listen to what the American Heart Association has to say. They've also been singing the praises of 1% and skim milk as a way to reduce fat in your diet. And with all the same nutrients as whole milk, I believe they're headed for the top of the charts.

MILK

What a surprise!™

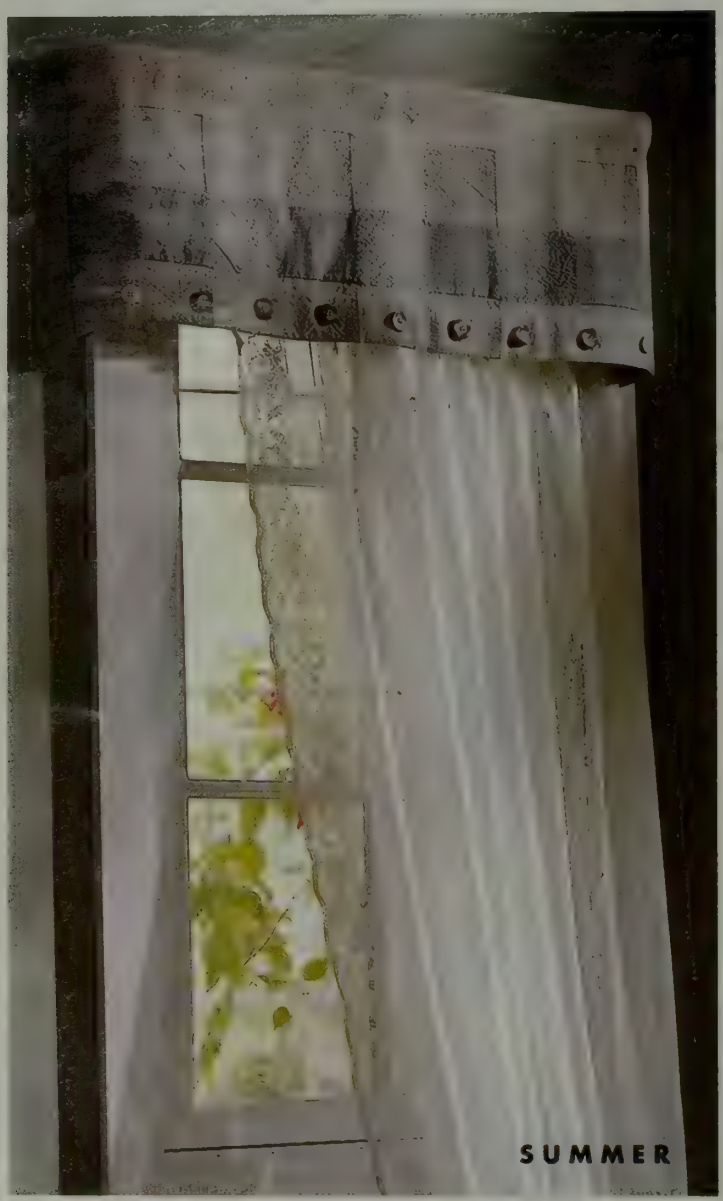
American Heart Association.
Fighting Heart Disease and Stroke

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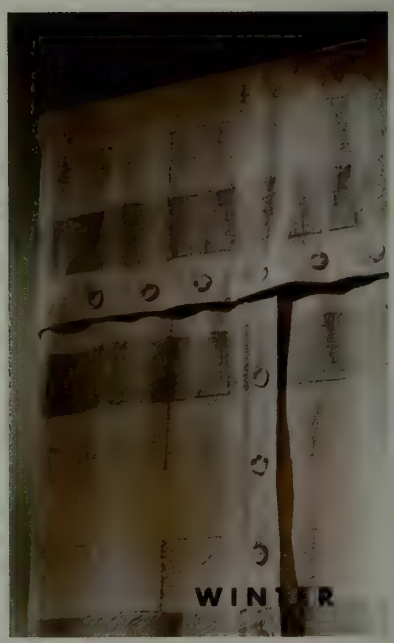
STYLE IN THE MAKING

window dressings

Go from frilly to tailored with stylish separates. Here, straight-line skirting buttons smartly to a matching valance for cool-weather comfort. When the heat is on, remove it to reveal a lacy slip.



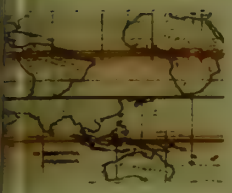
BUTTONS AND SKIRTINGS



Mount curtain rod. *Valance:* For width, measure rod depth, multiply by two, and add to rod width; for length, divide window length by four, add 2 inches. *Panels* (two): For width, divide valance width by two, add 1 inch; length is ¾ of window length plus 2 inches. Buttonhole band is 2 inches wide, the length of panel. Draw patterns; add ½-inch seams. Cut patterns from plaid and lining. Line plaid pieces as for quilt panel, *page 28.* Topstitch band to one panel; sew buttonholes 3 to 4-inches apart. Sew buttons to other panel, *except* sew buttonhole in place of top button. Button panels together, then sew buttonholes across top edge. Turn under 2 inches on valance; sew casing. Sew buttons across bottom of valance, corresponding to panel buttonholes; sew corresponding buttons on *back. Note:* Sew center back button with ¼-inch shank. *continued on page 32*

We've spent years telling you about that last drop.

Now a word about the first, second and third.



search far and wide to ing you the best beans.



As always, our beans are hand-picked.



he roastmaster's craft. Maxwell House, it's ore art than science.



asting. The final step. ne that should never be hurried.



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If the truth be known, that last drop of Maxwell House® coffee wouldn't be so famous if the first ones weren't so good. You see, Americans have been sitting down to a cup of our coffee every morning for the past 103 years. They've held it in their hands as they've waved good-bye to their kids on the school bus. And sipped it as they've cracked the morning crossword puzzle. In a way, it's those first sips of Maxwell House that signal the start of the day.



What can you expect from those first few drops? For starters, freshness. From the moment you open our blue can, you'll hear the sound generations have heard before you – a "whoosh" that tells you the coffee inside is packed warm, fresh from the roaster. Next, that inviting aroma which makes the kitchen the favorite room in the house. And finally, there's that distinctive Maxwell House flavor which people have been enjoying since 1892. So, whether you see that familiar cup and drop on the side of a barn or in the window of a coffee shop – you'll know it's the sign of good coffee. One that will always be "Good to the Last Drop®."

Maxwell House Coffee Company

STYLE IN THE MAKING

window dressings

There's nothing like the soft warmth of your favorite flannel shirt or robe. Treat your window to the same comfort by layering this easy-sew tie-on panel over summer's gossamer lace.



FLANNEL AND LACE



Before measuring, mount wrought-iron crane (or rod of choice). *Flannel:* Measure inner window width; multiply by two. For length, measure from crane to within 1 inch of floor; add 4 inches. Cut out flannel; serge edges. Evenly space 1½-inch buttonholes across width, parallel to and 3 inches from top; mark first and last buttonholes 1 inch from sides. Mark second buttonhole set 1 inch below first. Reinforce sets with iron-on interfacing. Make buttonholes. Cut a 1½×24-inch tie for each buttonhole set and a 1½×66-inch tieback from flannel; serge edges. Thread each buttonhole set with a tie; knot to crane. *Lace*: Measure inner window width and length; to length, add ¼ of length plus 2 inches (valance). Cut lace shape. Turn valance to outside; sew casing 2 inches from fold. Mount on spring-tension rod.

continued on page 34

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is in the
TASTE BUDS
of the beholder.



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Rarely does the Genuine U.S. Farm-Raised Catfish inspire such poetic words as lovely, elegant or graceful. But, beyond its rather non-exquisite exterior, lies its true beauty. A superbly delicate taste, infinitely versatile in any of your favorite recipes. Looks, indeed, can be deceiving.



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STYLE IN THE MAKING

window dressings

Choosing window warmups becomes easy if you simply adapt the surefire strategies you already use to warm up your bed and your wardrobe. Consider these stylish combinations.



TAPESTRY BY RICHLOOM FABRICS GROUP, AVAILABLE AT CALICO CORNERS

▼ Your blankets find their way out of storage and onto your bedsheets when the weather turns brisk, so why not warm your windows in the same way? In summer, hang a curtain made of flowery sheets over the window for light control. Come autumn, add the cozy texture of a soft blanket draped, swag-style, over a decorative wood pole.



▲ Just as a richly colored tapestry vest can warm up summer's cool lace camisole, tapestry fabric can turn up the heat on gauzy white curtains. To make the most of a tapestry's decorative pattern and its heaviness, avoid gathering it. Instead, staple tapestry fabric to a flat cornice board. Or, sew rod pockets and hang the fabric—flat—as a simple valance or as window-framing side curtains.



▲ As the winter winds start to blow, you forgo shorts in favor of a pair of faded blue jeans, right? Give your windows the same kind of rugged comfort and ease. The tan-and-white tuxedo-striped curtain, shown *above*, lightens and brightens your home for summer. But, come fall, gather cotton denim curtains on a pole, and tie them back with leather belts.

Buying information page 150

IT COULD TAKE YEARS TO PASS A NEW HEALTH CARE PLAN.

PERHAPS YOU'D LIKE SOMETHING TO DRINK WHILE YOU'RE WAITING.

the future, every American will likely e guaranteed certain health benefits. ntil then, everyone can benefit from ne vitamins and nutrients in 100% pure orida Orange Juice.

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So while the politicians are busy hammering out all the important health care issues, you can be sure that you're doing everything possible to take care of yourself.



100% Pure Florida Orange Juice.
Are You Drinking Enough?

Kids and Money



GIVE THEM AN ALLOWANCE AND GIVE THEM CHORES TO DO. BUT KEEP THE TWO IDEAS SEPARATE.

When our kids were in elementary school, my wife and I started giving them allowances. It lasted about three months. Because we didn't like them coming to us, palms up, every week, our policy reverted back to, "If you want money for something, ask for it." We evaluated their requests one at a time—rejecting some, approving others.

That worked until they reached adolescence and their requests became more frequent and more frivolous. Suddenly they wanted not just a few dollars for a movie, but big bucks for the latest fads in clothing and entertainment. We decided the time was right to teach them how to manage money. We reinstituted allowances, but with significant changes designed to give them a grasp of reality.

We opened checking accounts for each of them, and deposited their monthly allowances into their accounts. From their accounts, they were responsible for the following:

- All nonessential clothing and accessories. Their mother and I continued to pay for replacement items. If, however, one of the kids needed a new pair of jeans but wanted the latest rage in designer labels, he or she had to cough up the difference between the cost of the "cool" ones and the "uncool" ones.
- Entertainment that did not include any other member of the family. For example, if Eric wanted to go to the movies with his friends, he paid. If he was willing to take his little sister along (gag!), we paid.
- Food consumed with peers. We paid for three meals a day. The kids paid for snacks, soda, and other fast food consumed with friends.

At first, their monthly allotment burned holes in their pockets. By the end the month, they were complaining about being broke and please, please, couldn't we just loan them ten dollars? The answer was no, and because we stood firm, the kids eventually learned how to stretch their money over a month's time.

Another strong tenet of our plan was not tying the children's allowances to chores. We don't believe in giving children money for doing work around the house. Money is for teaching children to set priorities and to shop smartly. Doing chores teaches good citizenship.

I've noticed that when parents pay for chores, the child tries to earn the money by doing as little as possible, as quickly as possible in a "just get by" fashion. And if the child doesn't need the money, the chores don't get done at all.

In order for the parent/child relationship to be reciprocal, which it should be, children should do chores around the home—without pay.

If you want to teach your children to be responsible with money and to be good citizens, give them an allowance, and give them lots of chores to do. But don't tie the two together.



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a floppy-eared-
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We call it...
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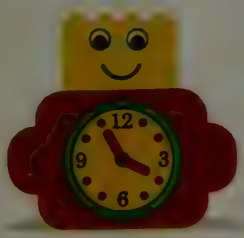


If you just see a wheel, you're being much too real.

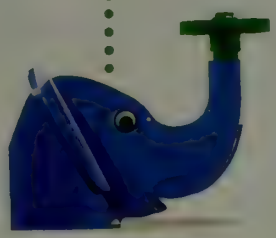




Is it a bird? Or a plane? There's really no need to explain.

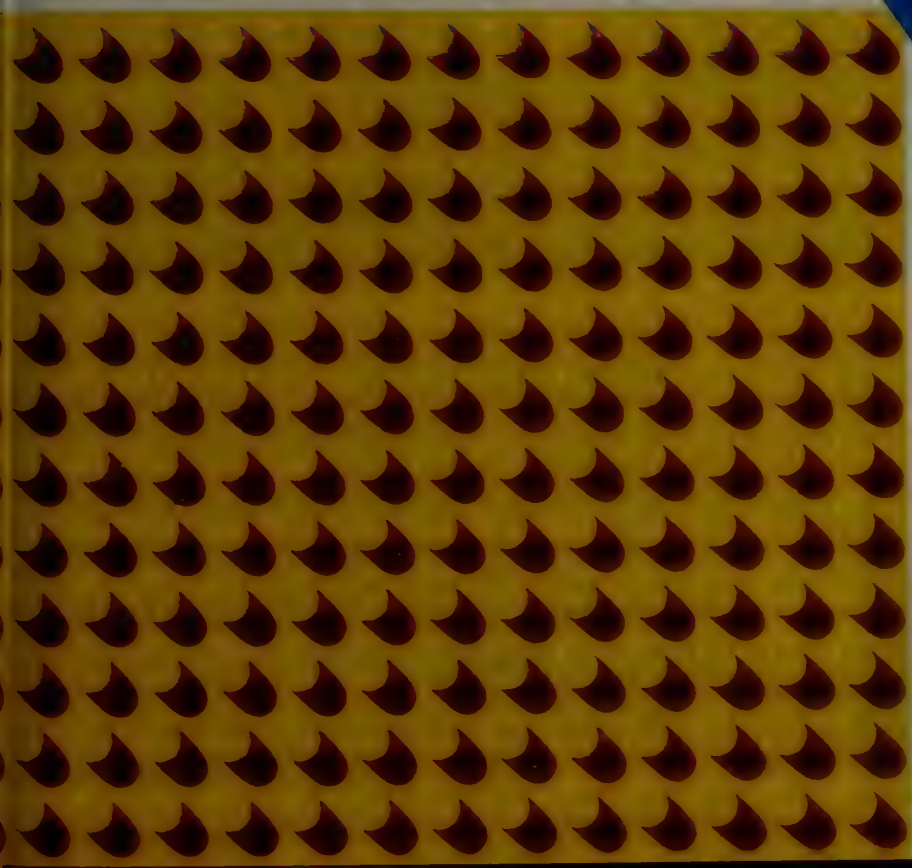


Is it a clock? Yup. But who knows where it winds up?





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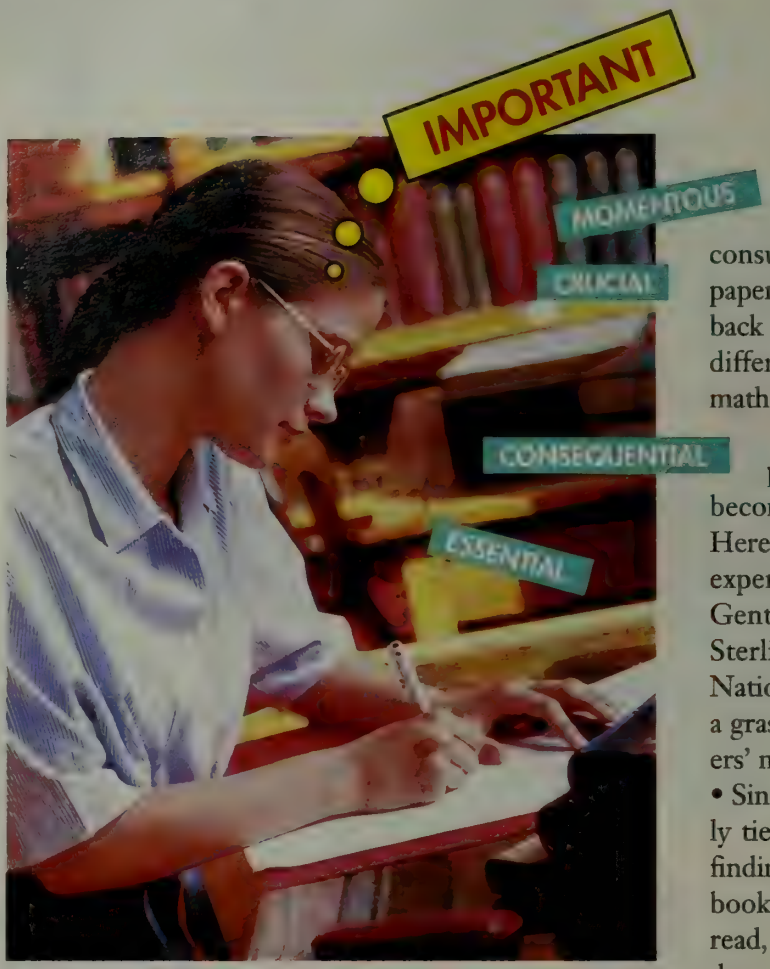


LEGO

It's hard to imagine childhood without it.

 by Barbara Hall Palar

The Write Stuff



Most kids don't write very well. That's the grim diagnosis following a nationwide study of fourth-, eighth-, and eleventh-graders conducted by the National Assessment of Educational Progress (NAEP). Especially alarming was the inability of almost every child tested to write a persuasive paper.

Why is it so crucial that kids learn to write? Two words: John Grisham. But even those not destined to churn out best-sellers will need to write in almost any occupation they choose.

As the information age whisks us into the next century, an increasing number of jobs, no matter whether you're delivering pizza or the keynote address, will require good communication skills.

And, as computers get smarter, more and more standardized tests will increase the number of questions requiring a written response. The SAT now includes a writing segment, and promises to add more as technology improves, according to Nancy Cole, president of the Educational Testing Service (ETS), the organization that administers the SAT and other tests.

But writing isn't only for taking tests and doing a job.

"It's a thinking mode," says Claudia Gentile, writing assessment coordinator of NAEP. "Writing helps you learn how to think clearly and thoroughly."

Many schools have been working to improve students' writing. In fact, the one bright spot in the NAEP report was indication that eighth graders, who have benefitted from a few years of renewed commitment to writing in schools, are improving slightly. But it's hard to wedge writing instruction between everything else teachers are required to do. "Teachers don't have enough time to teach writing. Writing is not a subject," says Cole. "It's time-consuming to correct papers. Giving good feedback on writing is a lot different than correcting math problems," she says.

So it may be up to parents to help kids become better writers. Here are some tips from experts including Cole, Gentile, and Richard Sterling, director of the National Writing Project, a grass roots writing teachers' movement.

• Since writing is so directly tied to reading, start by finding out what kinds of books your kids like to read, Sterling suggests. Jot down the books your child has read in the past three months and look for patterns. Talk about the books. Then talk about your child's writing, "not the grammar, but the ideas," he says.

Claudia Gentile believes parents should ask their children about their writing every day. "Make a habit of saying, 'tell me what you wrote today.' "

• Write to them. Leave a note that says, "I noticed that you did this and this and this." Kids are much more likely to write if their parents do.

• Let them watch you compose all kinds of texts, from grocery lists to loving letters. Show letters to kids, those you're writing and those you've received. Also, keep a collection of letters the kids send and receive. It's a good way to see how they've grown.

• Buy a computer and urge them to use it. Cole, at ETS, says the computer is doing for writing what the calculator did for math. "Keyboarding is really easier than handwriting. Mechanical aspects are becoming less important because those things are automated. The ideas are what will become important."

• When your child is writing a book report, have her

continued on page 40

WRITING IS IMPORTANT AS A TOOL FOR THOUGHT



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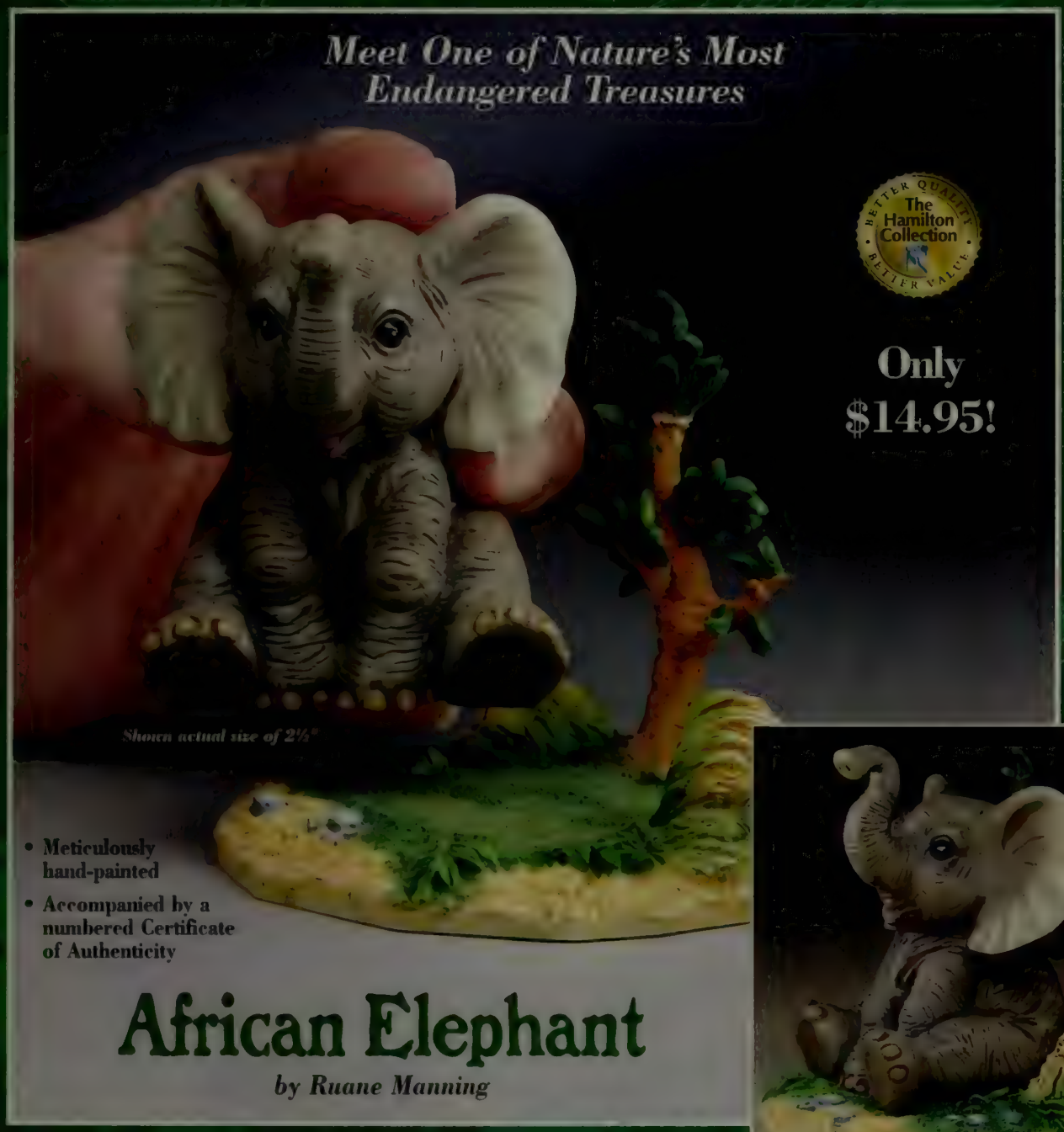
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The Write Stuff

continued from page 40

select a character from the book and rewrite the story from that character's point of view. Or, predict the character's situation in 20 years and write about that.

• For factual reports, Sterling believes kids should look for information from a variety of sources—not just encyclopedias. "Have your child make a list of everything he knows about the subject. Some facts might be wrong but that's okay. As you research, you find those things out and you learn more."

• Have plenty of paper and writing tools available.

• Have your child interview older relatives at family reunions or parties. Write the information as an interview, then write it as a first-person story from the grandparent's point of view, says Gentile.

• Encourage your kids to keep journals, and then honor their privacy. The whole family can participate in writing travel journals on trips.

• And, finally, here's one that will help kids develop skills necessary for writing persuasive papers: Ask your middle school and high school students to put their arguments with you in writing. As their skills improve, maybe they'll win one now and then.

HOW DOES YOUR CHILD STACK UP?

In a special arrangement only for the readers of *Better Homes and Gardens*® magazine, the Educational Testing Service (ETS), which scored the writing for the NAEP study, will evaluate students' writing samples (fourth through twelfth grades only). Submit a piece, no shorter than one page and no longer than ten pages, of a child's final (polished) version of a written work. Keep a copy of what you submit, as it will not be returned. ETS will send you a written evaluation of your child's sample as well as information about how you can help your child become a better writer. The work may be narrative, informative, or persuasive (see examples below). No poetry, books, or journals, please. Send the piece, along with a $5.00 check or money order to cover handling (do not send cash) to P.O. Box 6821, ETS, Princeton, NJ 08541. Deadline for submission: December 31, 1995. At the top of the sample, please clearly print:

Child's Name
Grade Level
Parents' Name(s)
Address (where evaluation should be mailed)
Writing Category (informative, persuasive, narrative)

The identity of the writers will be kept confidential. (Note: ETS has facilities to handle only the first 5,000 samples submitted. All samples and checks/money orders beyond that limit will be returned promptly.)



EXAMPLES

For the writing sample, your child may answer one of the questions below, or write about a topic of his or her choice. The writing should fit into one of the three categories specified (informative, persuasive, or narrative).

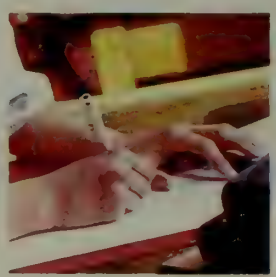
INFORMATIVE WRITING

Younger children (grades 4 through 8)

1. Describe a typical lunchtime at your school in such a way that someone who has never had lunch there can understand what it is like.
2. Describe a favorite object and explain why it is valued.

Older children (grades 8 through 12)

1. Think of something that you would like to invent. Write a letter to the United States Patent Office describing the object and the need it is designed to fulfill.
2. Write to the director of a radio news program and describe a problem that exists in your school. Consider both the causes and effects of the problem.



PERSUASIVE WRITING

Younger children (grades 4 through 8)

1. Write a letter to your teacher expressing an opinion on a proposed law that would prevent children from watching television, and give reasons for your opinion.
2. Take a stand on whether school vacations should be shortened, and write a letter to your principal arguing for your opinion.

Older children (grades 8 through 12)

1. Take a stand on whether negative rating labels should be used to restrict teenagers from buying certain music, and write a letter to the local newspaper supporting your opinion.
2. Should the state legislature pass a law that students who receive failing grades will lose their drivers' licenses? Write a letter convincing your congressperson of your point of view.

NARRATIVE WRITING

Younger children (grades 4 through 8)

1. Pretend that you have raised a pet dinosaur, and write about one of your experiences together.
2. Imagine that you own a magical balloon, and write about one of your adventures with it.

Older children (grades 8 through 12)

1. Think about an embarrassing situation you have been in, and describe what happened.
2. Choose any person from history and imagine you spend a day together. Write a story about what happens.

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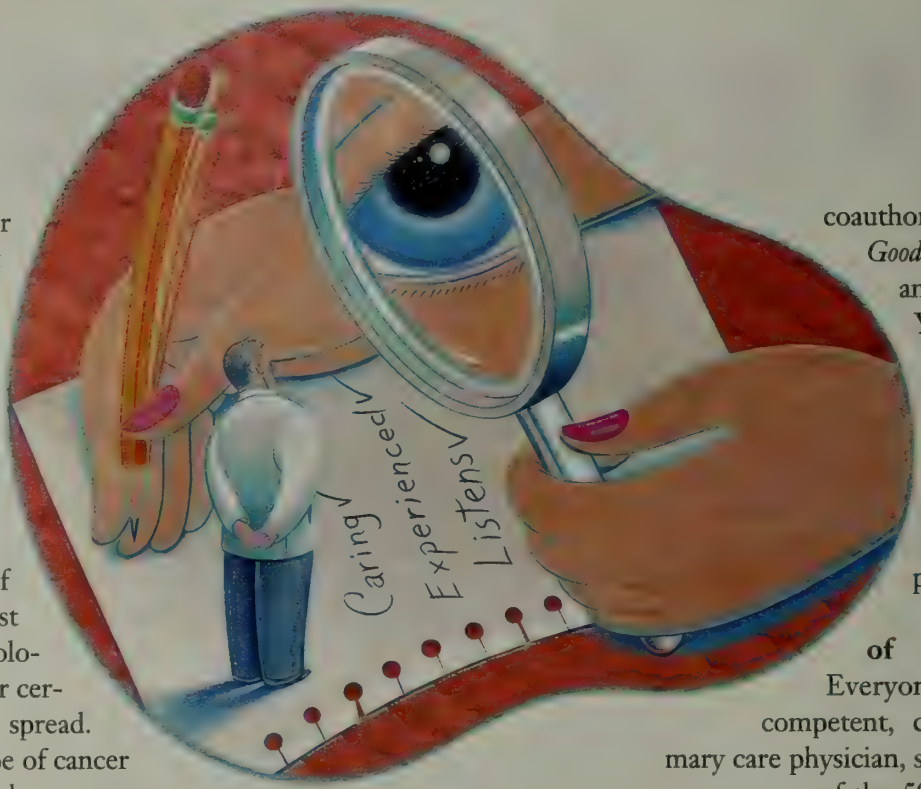


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by Patricia Hittner

The Great Doctor Search



Choosing a doctor is one of the most important decisions you'll ever have to make. It could one day mean the difference between life and death.

Few people know this better than Sharon Lunsford of Charleston, West Virginia. Her gynecologist did not detect her cervical cancer before it spread. Caught early, this type of cancer is almost always curable.

Instead, Sharon's disease smoldered for years. Her doctor ignored a string of suspicious Pap smears. He also dismissed her mysterious mid-cycle bleeding. Once, he even removed abnormal lesions from her cervix, but failed to perform follow-up exams every three months for a year—a procedure considered standard practice in these cases.

It wasn't until she started hemorrhaging that Sharon knew something was terribly wrong. Another gynecologist found a large, invasive tumor. Fighting for her life, Sharon underwent a radical hysterectomy, plus months of radiation and chemotherapy.

The 43-year-old mother of a teenage son now lives with the haunting possibility her cancer will return. "I really feel cheated out of my health," she says. "I just feel like somebody violated my trust."

Just because a doctor has a degree doesn't mean you should fall into his hands. At least 80,000 people die each year from medical negligence, according to the People's Medical Society, a national medical consumer group in Allentown, Pennsylvania. Another 300,000 incur serious injuries, often leading to permanent disability.

Despite the potential for disaster, most people leave their medical care to chance, says Richard L. Sribnick, M.D., an internist in Columbia, South Carolina, and coauthor of *Smart Patient, Good Medicine* (Walker and Company, New York, $8.95).

"It's just amazing," he says. "People usually spend more time picking out a car than they do their physician."

The importance of primary care. Everyone should have a competent, compassionate primary care physician, says Dr. Sribnick. If you are one of the 50 million people in this country enrolled in an HMO or PPO, you must have one. This doctor, usually an internist, pediatrician, or family practitioner, should be thoroughly familiar with your history. He or she also should be concerned with your total well-being, physical and emotional.

Primary care doctors can treat a wide range of problems. Good doctors won't tackle conditions they know little about. If you need advanced treatment, your primary care doctor will most likely steer you to a qualified specialist.

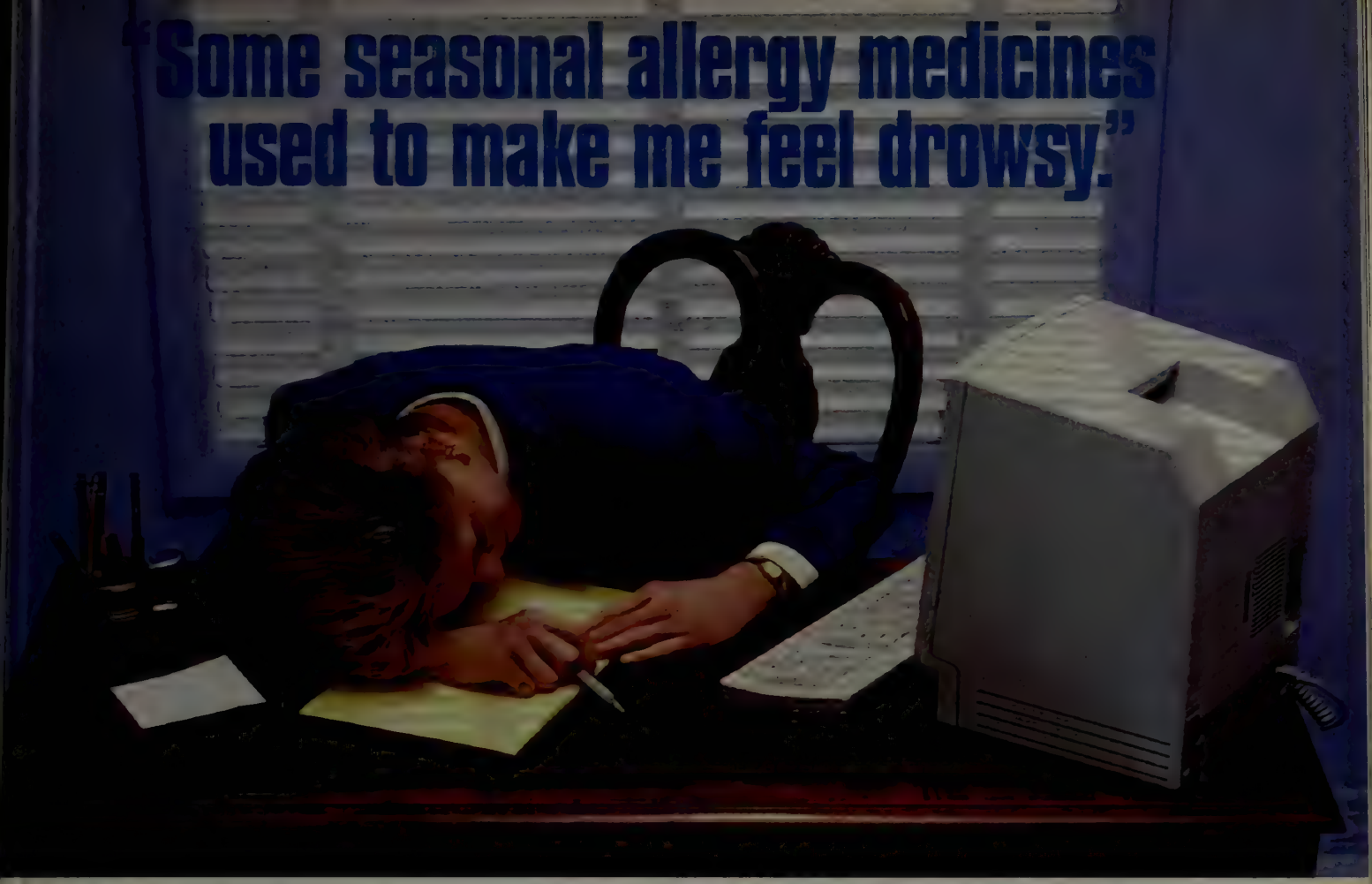
TAKE THE TIME TO FIND THE BEST DOCTOR. A POOR CHOICE COULD REALLY MAKE YOU SICK.

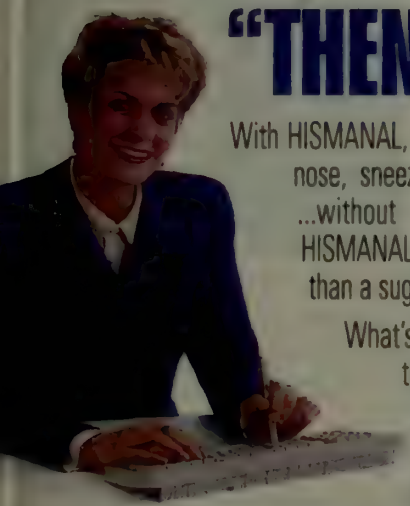
Having a primary care doctor may also spare you from questionable procedures. If a specialist recommends surgery, and the need isn't clear, your internist may send you to another expert for a second opinion. Pregnant with her first child, JoEllen Papaleo, 32, relied upon her internist to find an obstetrician. During the pregnancy, she developed unexplained chest pains. So her internist set up a consultation with a cardiologist. "I've been lucky," she says. "I've ended up with really good doctors."

Finding doctor right. Dr. Sribnick recommends choosing a physician who attended an American or a Canadian medical school, which must uphold strict standards for accreditation. Also, look for someone who did his or her residency at a university teaching hospital.

continued on page 50

"Some seasonal allergy medicines used to make me feel drowsy."





"THEN I WOKE UP TO HISMANAL."

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HISMANAL is available by prescription only. So ask your doctor today about MANAL. And wake up to a different kind of allergy relief.

RNING: HISMANAL should be taken only as directed, one let a day. Do not increase the dose in an attempt to speed the ion of HISMANAL. It may take a few days of regular use to feel action of HISMANAL.

HISMANAL must not be taken with the prescription antifungal medicines itraconazole (Sporanox®) or ketoconazole (Nizoral®) tablets, or the prescription antibiotics erythromycin or clarithromycin.

People with serious liver disease should not take HISMANAL.

HISMANAL has been associated with rare occurrences of abnormal heartbeats and heart attacks. In very rare cases, this could be fatal. Tell your doctor before taking HISMANAL if you have any liver or heart problems.

It's also important to tell your doctor if you ever become faint, dizzy, or have irregular heartbeats while you are taking HISMANAL.

eported incidence of drowsiness with HISMANAL (7.1%) in clinical studies involving than 1600 patients did not differ significantly from that reported in patients receiving ebo (6.4%).

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(ASTEMIZOLE) 10mg Tablets

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JPI-HS-241

ease see important precautionary information on next page.

HISMANAL®

astemizole Tablets

Before prescribing, please consult complete prescribing information of which the following is a brief summary

INDICATIONS AND USAGE

HISMANAL tablets are indicated for the relief of symptoms associated with seasonal allergic rhinitis and chronic idiopathic urticaria. HISMANAL should not be used as a p r n product for immediate relief of symptoms. Patients should be advised not to increase the dose in an attempt to accelerate the onset of action.

Clinical studies have not been conducted to evaluate the effectiveness of HISMANAL in the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH ERYTHROMYCIN IS CONTRAINDICATED BECAUSE ERYTHROMYCIN IS KNOWN TO IMPAIR THE CYTOCHROME P450 ENZYME SYSTEM WHICH ALSO INFLUENCES ASTEMIZOLE METABOLISM. THERE HAVE BEEN TWO REPORTS TO DATE OF SYNCOPE WITH TORSADES DE POINTES, REQUIRING HOSPITALIZATION, IN PATIENTS TAKING COMBINATIONS OF HISMANAL 10 MG DAILY WITH ERYTHROMYCIN. IN EACH CASE THE QT INTERVALS WERE PROLONGED BEYOND 650 MILLISECONDS AT THE TIME OF THE EVENT; ONE PATIENT ALSO RECEIVED KETOCONAZOLE AND THE OTHER PATIENT ALSO HAD HYPOKALEMIA.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH KETOCONAZOLE TABLETS IS CONTRAINDICATED BECAUSE AVAILABLE HUMAN PHARMACOKINETIC DATA INDICATE THAT ORAL KETOCONAZOLE SIGNIFICANTLY INHIBITS THE METABOLISM OF ASTEMIZOLE, RESULTING IN ELEVATED PLASMA LEVELS OF ASTEMIZOLE AND DESMETHYLASTEMIZOLE. DATA SUGGEST THAT CARDIOVASCULAR EVENTS ARE ASSOCIATED WITH ELEVATION OF ASTEMIZOLE AND/OR ASTEMIZOLE METABOLITE LEVELS, RESULTING IN ELECTROCARDIOGRAPHIC QT PROLONGATION.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH ITRACONAZOLE IS ALSO CONTRAINDICATED BASED ON THE CHEMICAL RESEMBLANCE OF ITRACONAZOLE AND KETOCONAZOLE. IN VITRO-DATA SUGGEST THAT ITRACONAZOLE HAS A LESS PRONOUNCED EFFECT ON THE BIOTRANSFORMATION SYSTEM RESPONSIBLE FOR THE METABOLISM OF ASTEMIZOLE COMPARED TO KETOCONAZOLE.

(See **WARNINGS** and **PRECAUTIONS**: Drug Interactions.)

HISMANAL is contraindicated in patients with known hypersensitivity to astemizole or any of the inactive ingredients.

WARNINGS

QT PROLONGATION/VENTRICULAR ARRHYTHMIAS

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS INCLUDING DEATH, CARDIAC ARREST, QT PROLONGATION, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS HAVE BEEN OBSERVED IN PATIENTS EXCEEDING RECOMMENDED DOSES OF ASTEMIZOLE. WHILE THE MAJORITY OF SUCH EVENTS HAVE OCCURRED FOLLOWING SUBSTANTIAL OVERDOSES OF ASTEMIZOLE, TORSADES DE POINTES (ARRHYTHMIAS) HAVE VERY RARELY OCCURRED AT REPORTED DOSES AS LOW AS 20-30 MG DAILY (2-3 TIMES THE RECOMMENDED DAILY DOSE). DATA SUGGEST THAT THESE EVENTS ARE ASSOCIATED WITH ELEVATION OF ASTEMIZOLE AND/OR ASTEMIZOLE METABOLITE LEVELS, RESULTING IN ELECTROCARDIOGRAPHIC QT PROLONGATION.

THESE EVENTS HAVE ALSO OCCURRED AT 10 MG DAILY IN A FEW PATIENTS WITH POSSIBLE AUGMENTING CIRCUMSTANCES (SEE CONTRAINDICATIONS, AND WARNING PARAGRAPHS BELOW WARNINGS BOX). IN VIEW OF THE POTENTIAL FOR CARDIAC ARRHYTHMIAS, ADHERENCE TO THE RECOMMENDED DOSE SHOULD BE EMPHASIZED.

DO NOT EXCEED THE RECOMMENDED DOSE OF 10 MG (ONE TABLET) DAILY.

SOME PATIENTS APPEAR TO INCREASE THE DOSE OF HISMANAL IN AN ATTEMPT TO ACCELERATE THE ONSET OF ACTION. PATIENTS SHOULD BE ADVISED NOT TO DO THIS AND NOT TO USE HISMANAL AS A P R N PRODUCT FOR IMMEDIATE RELIEF OF SYMPTOMS.

CONCOMITANT ADMINISTRATION OF ASTEMIZOLE WITH KETOCONAZOLE TABLETS, ITRACONAZOLE, OR ERYTHROMYCIN IS CONTRAINDICATED. (SEE CONTRAINDICATIONS AND PRECAUTIONS; DRUG INTERACTIONS.)

SINCE ASTEMIZOLE IS EXTENSIVELY METABOLIZED BY THE LIVER, THE USE OF ASTEMIZOLE IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION SHOULD GENERALLY BE AVOIDED.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING ASTEMIZOLE SHOULD LEAD TO IMMEDIATE DISCONTINUATION OF TREATMENT AND APPROPRIATE CLINICAL EVALUATION, INCLUDING ELECTROCARDIOGRAPHIC TESTING (LOOKING FOR QT PROLONGATION AND VENTRICULAR ARRHYTHMIA).

(SEE CLINICAL PHARMACOLOGY, CONTRAINDICATIONS, WARNINGS, PRECAUTIONS, AND DOSAGE AND ADMINISTRATION.)

Patients known to have conditions leading to QT prolongation may experience QT prolongation and/or ventricular arrhythmia with astemizole at recommended doses. The effect of astemizole in patients who are receiving agents which alter the QT interval is unknown. However, in view of astemizole's known potential for QT prolongation, it is advisable to avoid its use in patients with QT prolongation syndrome or who are taking medications which are reported to prolong QT intervals (including probucol, certain antiarrhythmics, certain tricyclic antidepressants, certain phenothiazines, certain calcium channel blockers such as bepridil, and terfenadine), patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or those taking diuretics with potential for inducing electrolyte abnormalities.

Rare cases of cardiovascular events have been observed in patients with hepatic dysfunction. Systematic evaluation of the pharmacokinetics of astemizole in patients with hepatic dysfunction has not been performed. Since astemizole is extensively metabolized by the liver, the use of HISMANAL in patients with significant hepatic dysfunction should generally be avoided.

PRECAUTIONS

General:

Caution should be given to potential anticholinergic (drying effects) in patients with lower airway diseases.

Caution should be used in patients with cirrhosis or other liver diseases.

HISMANAL does not appear to be dialyzable.

Caution should also be used when treating patients with renal impairment.

Drug Interactions:

See CONTRAINDICATIONS and WARNINGS sections for discussion of information regarding potential drug interactions.

Ketoconazole/Itraconazole

Concomitant administration of ketoconazole tablets or itraconazole with astemizole is contraindicated. (See CONTRAINDICATIONS and WARNINGS BOX.)

Due to the chemical similarity of fluconazole, metronidazole, and miconazole IV to ketoconazole, concomitant use of these products with astemizole is not recommended.

Macrolides (including erythromycin)

Concomitant administration of erythromycin with astemizole is contraindicated. (See CONTRAINDICATIONS and WARNINGS BOX.) Concomitant administration of astemizole with other macrolide antibiotics, including troleandomycin, azithromycin, and clarithromycin, is not recommended.

Information for Patients:

Patients taking HISMANAL® (astemizole) should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients taking HISMANAL should be advised 1) to adhere to the recommended dose, and 2) that the use of excessive doses may lead to serious cardiovascular events. Some patients appear to increase the dose of HISMANAL in an attempt to accelerate the onset of action. PATIENTS SHOULD BE ADVISED NOT TO DO THIS and not to use HISMANAL as a p r n product for immediate relief of symptoms. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole or erythromycin. Patients should be advised to consult the physician before concurrent use of other medications with astemizole. Patients should be questioned about pregnancy or lactation before starting HISMANAL therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. (See Pregnancy subsection.) In addition, patients should be instructed to take HISMANAL on an empty stomach, e.g., at least 2 hours after a meal. No additional food should be taken for at least 1 hour after dosing. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Carcinogenesis, Mutagenesis, Impairment of Fertility:

Carcinogenic potential has not been revealed in rats given 260x the recommended human dose of astemizole for 24 months, or in mice given 400x the recommended human dose for 18 months. Micronucleus, dominant lethal, sister chromatid exchange and Ames tests of astemizole have not revealed mutagenic activity.

Impairment of fertility was not observed in male or female rats given 200x the recommended human dose.

Pregnancy: Pregnancy Category C:

Teratogenic effects were not observed in rats administered 200x the recommended human dose or in rabbits given 200x the recommended human dose. Maternal toxicity was seen in rabbits administered 200x the recommended human dose. Embryocidal effects accompanied by maternal toxicity were observed at 100x the recommended human dose in rats. Embryotoxicity or maternal toxicity was not observed in rats or rabbits administered 50x the recommended human dose. There are no adequate and well controlled studies in pregnant women. HISMANAL should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Metabolites may remain in the body for as long as 4 months after the end of dosing, calculated on the basis of 6 times the terminal half-life.

Nursing Mothers:

It is not known whether this drug is excreted in human milk. Because certain drugs are known to be excreted in human milk, caution should be exercised when HISMANAL is administered to a nursing woman. HISMANAL is excreted in the milk of dogs.

Pediatric Use:

Safety and efficacy in children under 12 years of age has not been demonstrated.

ADVERSE REACTIONS

For information regarding cardiovascular adverse events (e.g. cardiac arrest, ventricular arrhythmias), please see CONTRAINDICATIONS and WARNINGS BOX. In some cases, recognition of severe arrhythmias has been preceded by episodes of syncope. Similarly, rare cases of hypotension, palpitations, and dizziness have also been reported with HISMANAL use, which may reflect undetected ventricular arrhythmia.

The reported incidences of adverse reactions listed in the following table are derived from controlled clinical studies in adults. In these studies the usual maintenance dose of HISMANAL was 10 mg once daily.

	Percent of Patients Reporting		
	Controlled Studies*		
ADVERSE EVENT	HISMANAL (N=1630) %	PLACEBO (N=1109) %	CLASSICAL** (N=394) %
Central Nervous System			
Drowsiness	7.1	6.4	22.0
Headache	6.7	9.2	3.3
Fatigue	4.2	1.6	11.8
Appetite increase	3.9	1.4	0.0
Weight increase	3.6	0.7	1.0
Nervousness	2.1	1.2	0.3
Dizzy	2.0	1.8	1.0
Gastrointestinal System			
Nausea	2.5	2.9	1.3
Diarrhea	1.8	2.0	0.7
Abdominal pain	1.4	1.2	0.7
Eye, Ear, Nose, and Throat			
Mouth dry	5.2	3.8	7.9
Pharyngitis	1.7	2.3	0.3
Conjunctivitis	1.2	1.2	0.7
Other			
Arthralgia	1.2	1.6	0.0

*Duration of treatment in Controlled Studies ranged from 7 to 182 Days

**Classical Drugs: Clemastine (N=137); Chlorpheniramine (N=100), Phenirамine Maleate (N=47); d-Chlorpheniramine (N=20)

Adverse reaction information has been obtained from more than 7500 patients in all clinical trials. Weight gain has been reported in 3.6% of astemizole treated patients involved in controlled studies, with an average treatment duration of 53 days. In 46 of the 59 patients for whom actual weight gain data was available, the average weight gain was 3.2 kg.

Less frequently occurring adverse experiences reported in clinical trials or spontaneously from marketing experience with HISMANAL include: angioedema, asymptomatic liver enzyme elevations, bronchospasm, depression, edema, epistaxis, hepatitis, myalgia, palpitation, paresthesia, photosensitivity, pruritus, and rash.

Marketing experiences include isolated cases of convulsions. A causal relationship with HISMANAL has not been established.

OVERDOSAGE

In the event of overdosage, supportive measures including gastric lavage and emesis should be employed. Substantial overdoses of HISMANAL can cause death, cardiac arrest, QT prolongation, torsades de pointes, and other ventricular arrhythmias. These events can also occur, although rarely, at doses (20-30 mg) close to the recommended dose (10 mg/daily). (See WARNINGS BOX and DOSAGE AND ADMINISTRATION.)

Seizures and syncope have also been reported with overdose and may be associated with cardiac arrest.

Overdose patients should be continuously monitored as long as the QT interval is prolonged or arrhythmias are present. In some cases, this has been up to six days. In overdose cases in which ventricular arrhythmias are associated with significant QT prolongation, treatment with antiarrhythmics known to prolong QT intervals is not recommended. HISMANAL does not appear to be dialyzable.

Oral LD_{50} values for HISMANAL were 2052 mg/kg in mice and 3154 mg/kg in rats. In neonate rats the oral LD_{50} was 905 mg/kg in males and 1235 mg/kg in females.

Revised March 1993 July 1993

JANSSEN PHARMACEUTICA
Titusville, NJ 08560

The Great Doctor Search

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These institutions generally have excellent faculty and attract difficult cases.

National board certification is another good sign. It shows that the doctor has passed exams in a designated specialty. However, medical boards only check knowledge; they don't monitor a doctor's ongoing performance, warns Charles B. Inlander, president of the People's Medical Society. (To verify certification, call the American Board of Medical Specialties at 800/776-2378).

If you have a choice between several HMO or PPO plans, Inlander advises selecting one that has the greatest number of physicians. It should have a minimum of two or three doctors in each specialty, he says.

In your quest for a doctor, take into account certain intangibles, such as personality and reputation. For these, most people rely on recommendations from family and friends. This is a good starting point, but try to gather more information from additional sources.

Dr. Sribnick suggests asking another local doctor for advice. Phrase your question, "Who would you recommend?" This is a better approach than asking about a specific doctor, as physicians usually don't criticize one another. If you don't know of a doctor, call the chief of internal medicine at a nearby hospital. Explain that you need to find a physician and ask for a referral.

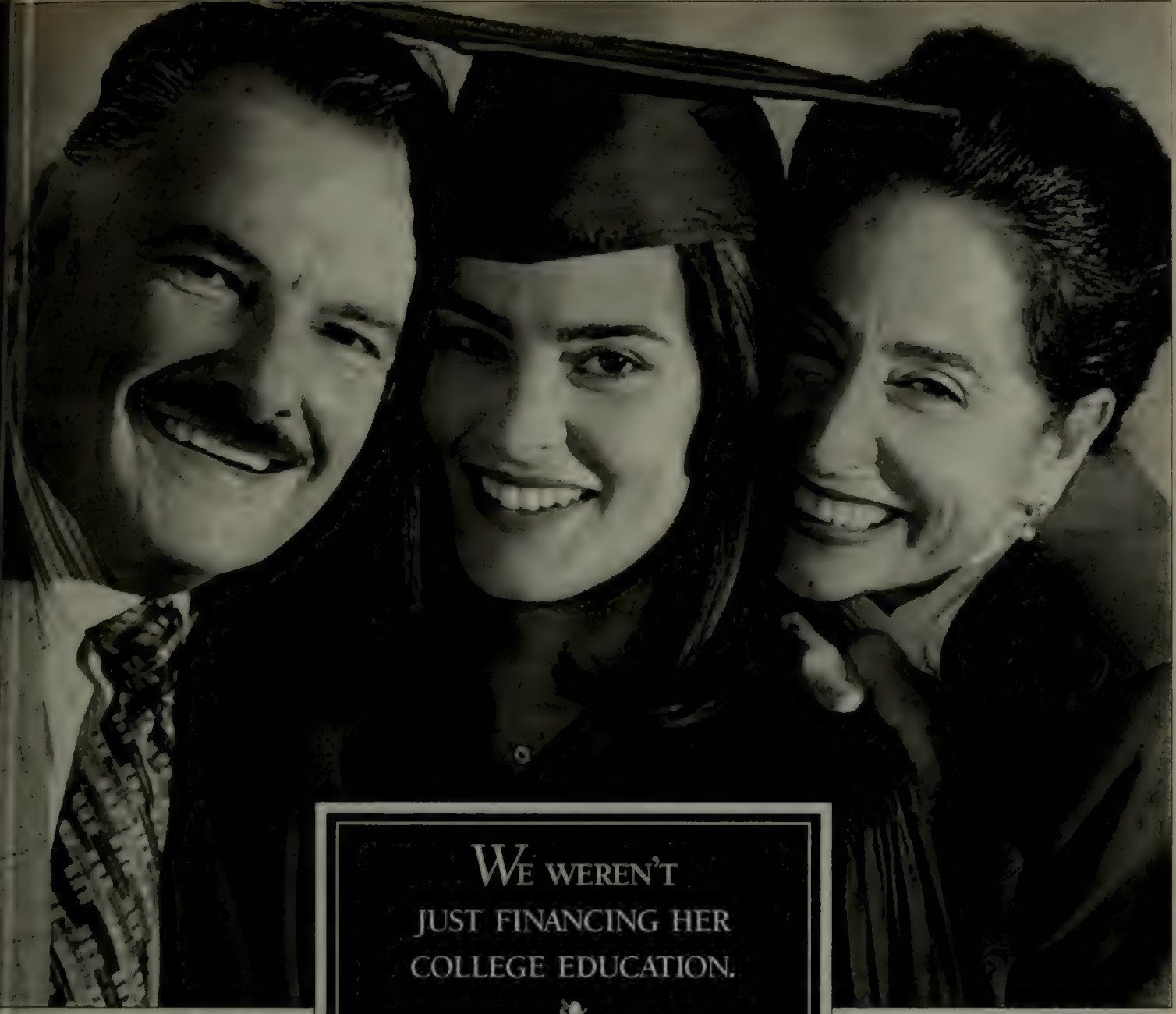
Nurses are another good source of inside information. Inlander says personal and professional opinions are helpful. But he strongly suggests interviewing several doctors yourself, regardless of whether you're looking for primary or specialty care. "You've got to use a lot of different tactics to pick doctors," he explains.

To begin, make a list of six to eight prospects. Call each practice to ask about insurance, payment options, and if it accepts new patients. These calls will probably cut your choices in half. Then, meet with the remaining candidates. If a doctor is unwilling to be interviewed, says Inlander, cross him or her off your list.

A face-to-face meeting will reveal much about personality and medical style. You can find out if the doctor is receptive to questions, and amenable to telephone consultations. You also can find out at what hospitals the physician has admitting privileges, and to which colleagues patients are referred. Some doctors don't bill patients for initial interviews, while others charge a small fee or the full price of a regular visit. Consider this money well spent if it results in a long-term relationship with a caring, committed doctor.

Running a background check. It's very difficult to glean information on a doctor's track record. You can find out if a physician has been disciplined by calling your state medical board. This, however, won't reveal the total num-

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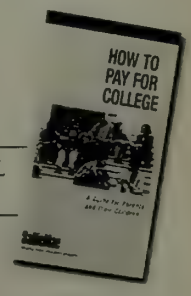
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Helping make education possible

The Great Doctor Search

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ber of complaints lodged, only specific actions taken. And such proceedings, Inlander says, are few and far between.

The one way to gather detailed information on malpractice claims is to visit the courthouse. But you will only find records of suits filed in your area, and learn only that they were dismissed, settled, or resulted in a judgment against the doctor. You won't uncover anything about a doctor's malpractice cases in another county or state.

The only central clearinghouse is the National Practitioner Data Bank in Washington, D.C. Compiled by the federal government, it contains nationwide listings of malpractice judgments and disciplinary citings. The information is available only to physicians, hospitals, insurance companies, and state licensing boards. Congressional efforts to open it to the public have failed.

Attitude is all important. Everyone wants a doctor who can skillfully address their health problems. But you also need to be treated with kindness and respect.

"I think patients have a right to feel their doctors care about them as a person and not a disease," says Marc Nelson, M.D., assistant dean for medical education at Stanford University School of Medicine. "There's no need to settle for anything less," he says.

Empathy is so important at Stanford that the medical school instituted a mandatory program where doctors-in-training are evaluated on interpersonal skills. Anonymous actors, posing as patients, decide whether they'd want this person as a doctor. And, each year, faculty members catch some students who need to brush up on bedside manners.

"We know when patients feel their doctors understand and care, they're much more compliant," says Dr. Nelson. "It results in much better medical care."

Part of this also has to do with a doctor's ability to listen, improving his or her diagnostic capabilities, adds Dr. Nelson. "Patients tend to tell you things. Everything doesn't always come out on the first visit."

Blanca Rivas, 52, is a good example of how a doctor-patient relationship can influence the outcome of an illness. Her internist was a warm, amiable man who took an interest in her and her family. But when he left the practice, Blanca was transferred to his partner.

Her new doctor was abrupt. He'd rush into the room and immediately begin examining her. She didn't like his attitude and began avoiding office visits. "Maybe that's what was keeping me from going to the doctor...I'd feel so uncomfortable. You want to feel comfortable before they start checking you."

"IF IT DOESN'T FEEL RIGHT, GET OUT. THERE IS NO NEED TO HANG AROUND."

In Blanca's case, not seeing a doctor was dangerous. She had diabetes and high blood pressure, and she'd already suffered a mild heart attack. At the time, Blanca was reluctant to look for another doctor because she'd recently lost her job and health benefits. She has since found a new doctor.

JoEllen is convinced a good rapport with her internist translates into better medical care. "He takes my complaints and symptoms seriously," she says. "He treats me like a partner, not some dopey patient who doesn't know anything."

Evaluating your care. Your doctor may come highly recommended, with top credentials and a winning personality. You alone are the best judge of the quality of the care you receive. Above all, trust your gut instincts.

"If it doesn't feel right, get out," says Inlander. "There is no need to hang around. There are plenty of good doctors willing to have you in their practice."

Sharon's blind trust in a physician nearly killed her. Now, she urges all patients to learn enough about their conditions to become smart medical consumers. "I think it's just really important for people to ask a lot of questions and not totally put their faith in their doctors. You really have to be responsible for your own health."

FIVE RED FLAGS

It's easy to find a good doctor if you can weed out the bad ones, says Charles Inlander, president of the People's Medical Society. Avoid these situations:

▶ **Doesn't Listen to You.** A physician who doesn't let you talk or who quickly interrupts you isn't practicing good medicine. "The number one reason for malpractice lawsuits is failure to communicate," Inlander says.

▶ **A Bad Attitude.** Arrogance, intimidation, and a condescending manner shouldn't play a role in the doctor-patient relationship. Head for the door if you hear the words, "Don't tell me how to be a doctor," or, "Are you questioning my judgment?"

▶ **Too Much Testing and Treatment.** Endless tests and procedures are another pitfall. Especially if they yield no answers or benefits. Question a doctor who orders the same X rays again and again. Or one who jumps at the most invasive treatments without considering less exotic options.

▶ **Reluctance to Refer.** It's time to move on if your doctor keeps trying a treatment that isn't working. Or, if he or she doesn't know when to call it quits and refer you to a specialist. Also, warns Inlander, never use doctors outside their specialties. Women in particular shouldn't rely on a gynecologist for general health problems.

▶ **Drug and Alcohol Abuse.** A doctor who seems impaired may very well be. It's estimated that 10 percent of the nation's physicians have problems with substance abuse. "Don't give them the benefit of the doubt," says Inlander. "Get out."

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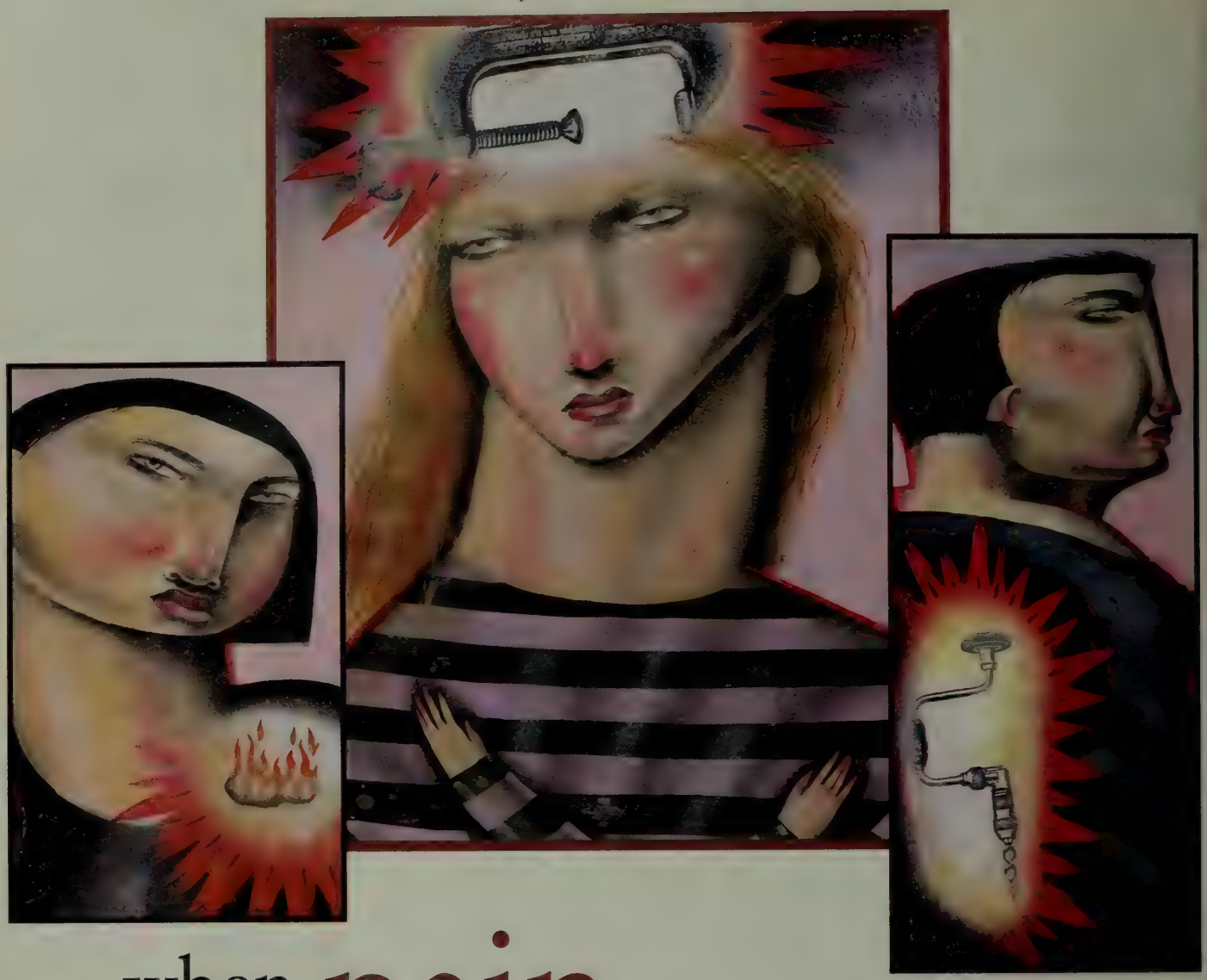
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by Martha Miller



when pain won't go away

Learning to live with chronic pain

Police officer Doug Ventura had just come on duty in Gaithersburg, Maryland, in the fall of 1980, when a speeding car whizzed by him. After a chase, Doug and three other officers approached the suspect. High on PCP, the man broke Doug's jaw and kicked him in the hip. The blow fractured a vertebra in his back, and ruptured several disks. Surgeons placed steel rods in his spine and Doug spent a year in a body cast.

The endless pain that followed took a heavy toll. It forced Doug, 45, to give up a job he loved and helped contribute to the breakup of his first marriage. Today, pain is his constant companion. He can't work or take classes because he can't sit still for longer than an hour. He can't walk very far and he rarely travels. Some days, he has to tell his five-year-old son he can't play catch.

"The pain is always there one way or another," Doug says. "Sometimes it's just beneath the surface and you can put it out of your mind. Other times you just want to roll up into a little ball. All you can do is pray to God that it goes away."

Nearly one in five of all Americans lives with chronic pain. It invades sleep, destroys concentration at work, and sinks self-esteem. In the worst cases, it breaks up families and causes people to commit suicide. Chronic pain costs an estimated $90 billion each year in medical claims,

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pain won't go away

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disability payments, and lost productivity, yet is one of the most underfunded national health problems.

"Under-treatment of pain is a gigantic problem with many, many bad effects, both human and economic," says Daniel Carr, M.D., of the department of anesthesia at New England Medical Center in Boston. "The encouraging news is that research on improved methods of treatment shows that if pain is treated early and effectively, then its long-term impact can be dramatically reduced."

Why it hurts. Pain becomes chronic when it doesn't go away within three to six months. It's different than acute pain, which is temporary and related to a specific injury, such as a stubbed toe or surgery. Many chronic pain sufferers have arthritis, neck and back problems, migraine headaches, and bowel or urinary disorders.

While scientists still aren't certain what causes chronic pain, research has shown that something in the central nervous system goes wrong.

"Changes occur in the way the nerves work in the spinal cord and brain stem after injury," says John Loeser, M.D., professor of neurological surgery and anesthesiology, and director of the Multidisciplinary Pain Center at the University of Washington in Seattle. "It is not some imagined or psychological illness. The way the system works now is different."

Those changes, combined with a person's genetic background, attitude, physical conditioning, and emotional state help determine the pain level. "Pain and beauty have a lot in common," says Allan Basbaum, Ph.D., a neurobiologist at the Keck Center for Integrative Neurosciences at the University of California-San Francisco. "There is an emotional quality attached to the physical stimulus. Without the emotional quality there is no pain. What distinguishes people is tolerance of an injury stimulus."

For example, two women in labor will experience similar pain, but one who is happy, financially prepared, and with a partner, will feel less pain than an unemployed, unwed one worried about paying her bills.

The "myth" of addiction. Chronic pain sufferers usually take nonsteroidal anti-inflammatory drugs or mild forms of narcotics, also known as opioids, but many aren't getting the needed relief. A poll of 1,000 chronic pain sufferers, taken by Louis Harris and Associates in October 1994, found that most were caught in an "analgesic dilemma."



"IT'S VERY EMPOWERING TO KNOW YOU CAN CONTROL YOUR PAIN."

More than 60 percent of the patients said they were reluctant to take anti-inflammatory drugs or codeine combinations because of unpleasant side effects, such as gastrointestinal bleeding, constipation, and drowsiness. They also feared getting hooked.

"I take limited painkillers only when my condition becomes acute. I don't want to get involved with narcotics," says Brian VanderHook, 39, of Honesdale, Pennsylvania. He fell 50 feet off a wall when he was eight years old, tearing muscles away from his spine and setting the stage for a lifetime of chronic pain. Brian took narcotics years ago, but stopped after he kept building up a tolerance and doctors had to keep increasing the dose.

It's easy to understand the concern about narcotics, especially with today's "Just Say No" antidrug campaign, but many experts say it's unwarranted. They say long-term use of opioids to manage severe chronic pain rarely leads to addiction.

Addiction, physical dependence, and tolerance, however, are not the same things, says William Hurwitz, M.D., president of the board of directors of the National

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Moving from Patient to Person

Penney Cowan, founder and executive director of the American Chronic Pain Association, prefers not to talk about the pain that has been part of her life since the birth of her son in February 1974.

"If I don't give it the attention, I don't suffer as much," she says. After attending the Cleveland Clinic's pain unit, she learned pain management skills she still practices today. As part of her growth, she defined some guidelines, which the association has since adopted as its own. They include:

- **Accept the pain.** Truly learn to "live with" the pain.
- **Get involved.** Be active in your own recovery. Try joining a chronic pain support group.
- **List priorities.** Keep a list of things you feel are important in your life.
- **Set realistic goals.** Having a goal helps you get out of bed on the worst days.
- **Remember your basic rights.** Don't feel guilty about your pain.
- **Recognize emotions.** Pain affects your mind and body. Unresolved emotion can impact your pain level.
- **Relax.**
- **Exercise.** Good muscle tone will decrease the amount of pain you feel.
- **Outreach.** People in pain often withdraw from others. Share what you have learned with someone else.



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pain won't go away

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Chronic Pain Outreach Association.

Addiction is a psychological behavior pattern in which a person will do just about anything to get the drug's "high." Dependence is a physical phenomenon. If a person is taken off a medication too quickly, they might experience withdrawal symptoms. Tolerance is when a person becomes less sensitive to a given dose and therefore needs more, Dr. Hurwitz says.

"Because a patient may need more, it confuses everyone," he says. "Doctors think to themselves, 'I don't want to maintain an addict' when they aren't."

Doctors also are often intimidated by regulatory agencies, such as the Drug Enforcement Agency and state boards of medicine, that routinely monitor physicians who dispense narcotics. "The under-treatment of pain is a bigger health problem than the "over-prescribing" of opioid medications," Dr. Hurwitz says.

Managing your pain. Addiction fears aside, many chronic pain patients don't want to have to rely on medication to feel better. Physical therapy, relaxation training, acupuncture, support groups, and biofeedback help them manage their pain.

During biofeedback, patients learn how to read their body's stress signs so they can use their mind to control the pain. Patients are hooked up to monitoring equipment that records temperature or electrical activity in muscles. The machine provides an instant response as the patient reacts to certain movements or exercises, showing how changing behavior can lessen the pain.

"By becoming involved in your pain treatment, you become part of the solution," says Margaret A. Caudill, M.D., Ph.D., codirector of the Arnold Pain Center at Deaconess Hospital in Boston, and author of *Managing Pain Before It Manages You* (Guilford Press, 1995, $18.95).

She designed a pain management program that focuses on stress reduction, exercise, nutrition, problem-solving, and the connection between the mind and body. She developed the program after studying 109 chronic pain patients who averaged 12 doctor visits a year—three times more than the average HMO patient. After the patients attended 10 sessions, all visits to doctors—even those not for pain—dropped by 36 percent.

"People need to learn the skills to know how to decrease the suffering," Dr. Caudill says. "By putting people in control of their own lives, you reduce their helplessness and hopelessness."

Barbara Holmes, 52, of Wilmington, Delaware, learned to "own" her pain after spending three weeks at the pain treatment program at Lenox Hill Hospital in New York City. She had three unsuccessful spinal surgeries and spent almost two years of her life in bed. At the clinic, she

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brand of loratadine
TABLETS
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BRIEF SUMMARY
(For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARITIN Tablets are indicated for the relief of nasal and non-nasal sympto allergic rhinitis

CONTRAINDICATIONS: CLARITIN Tablets are contraindicated in patients who are hypersensitive to this any of its ingredients.

PRECAUTIONS: General: Patients with liver impairment or renal insufficiency (GFR < 30 mL/min) sh lower initial dose (10 mg every other day) because they have reduced clearance of CLARITIN Tablets.

Drug Interactions: Loratadine (10 mg once daily) has been safely coadministered with therap erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies. Although increas centrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coa loratadine with each of these drugs in normal volunteers (n = 24 in each study), there were no clinically r in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory te and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syn on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AU erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythrom clinical relevance of this difference is unknown. These above findings are summarized in the following tabl

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboeth
Erythromycin (500 mg Q8h)	+ 40%	+4
Cimetidine (300 mg QID)	+103%	+
Ketoconazole (200 mg Q12h)	+307%	+7

There does not appear to be an increase in adverse events in subjects who received oral contraceptives

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In an 18-month oncogenicity study in mi study in rats, loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats) genicity studies, pharmacokinetic assessments were carried out to determine animal exposure to the demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (ac times higher than a human given 10 mg/day. Exposure of rats given 25 mg/kg of loratadine was 28 (lor (active metabolite) times higher than a human given 10 mg/day. Male mice given 40 mg/kg had a significa dence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males and males and females given 25 mg/kg. The clinical significance of these findings during long-term u Tablets is not known.

In mutagenicity studies, there was no evidence of mutagenic potential in reverse (Ames) or forward (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA A assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and t Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in t but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction in the mouse at 40 m 25 mg/kg, but not at lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at approximately 64 reversible with cessation of dosing. Loratadine had no effect on male or female fertility or reproduction in of approximately 24 mg/kg.

Pregnancy Category B: There was no evidence of animal teratogenicity in studies performed in rats an doses up to 96 mg/kg (75 times and 150 times, respectively, the recommended daily human dose on There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduc not always predictive of human response, CLARITIN Tablets should be used during pregnancy only if clear

Nursing Mothers: Loratadine and its metabolite, descarboethoxyloratadine, pass easily into breast m concentrations that are equivalent to plasma levels with an AUC_{milk} /AUC_{plasma} ratio of 1.17 and 0.85 for active metabolite, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and excreted into the breast milk (approximately 0.03% of 40 mg over 48 hours). A decision should be made continue nursing or to discontinue the drug, taking into account the importance of the drug to the mother be exercised when CLARITIN Tablets are administered to a nursing woman

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been established

ADVERSE REACTIONS: Approximately 90,000 patients received CLARITIN Tablets 10 mg once daily in uncontrolled studies. Placebo-controlled clinical trials at the recommended dose of 10 mg once a d 2 weeks' to 6 months' duration. The rate of premature withdrawal from these trials was approximately treated and placebo groups.

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF MORE THAN 2% IN PLACEBO-CONTRC ALLERGIC RHINITIS CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	LORATADINE 10 mg QD n=1926	PLACEBO n=2545	CLEMASTINE 1 mg BID n=536	T
Headache	12	11	8	
Somnolence	8	6	22	
Fatigue	4	3	10	
Dry Mouth	3	2	4	

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the numb subjects was relatively small

In addition to those adverse events reported above, the following adverse events have been reported patients.

Autonomic Nervous System: Altered lacrimation, altered salivation, flushing, hypoesthesia, impot sweating, thirst.

Body As A Whole: Angioneurotic edema, asthenia, back pain, blurred vision, chest pain, conjunctivit pain, fever, leg cramps, malaise, rigors, tinnitus, upper respiratory infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, syncope, tachycardia.

Central and Peripheral Nervous System: Blepharospasm, dizziness, dysphonia, hyperkinesia, migrai tremor, vertigo.

Gastrointestinal System: Abdominal distress, altered taste, anorexia, constipation, diarrhea, dyspe gastritis, increased appetite, nausea, stomatitis, toothache, vomiting

Musculoskeletal System: Arthralgia, myalgia.

Psychiatric: Agitation, amnesia, anxiety, confusion, decreased libido, depression, impaired concentr nervousness, paroniria.

Reproductive System: Breast pain, dysmenorrhea, menorrhagia, vaginitis

Respiratory System: Bronchitis, bronchospasm, coughing, dyspnea, epistaxis, hemoptysis, laryngitis tion, nasal dryness, pharyngitis, sinusitis, sneezing.

Skin and Appendages: Dermatitis, dry hair, dry skin, photosensitivity reaction, pruritus, purpura, rash,

Urinary System: Altered micturition, urinary discoloration

In addition, the following spontaneous adverse events have been reported rarely during the marketin abnormal hepatic function, including jaundice, hepatitis, and hepatic necrosis; alopecia; anaphylaxis; brea erythema multiforme; peripheral edema; seizures; and supraventricular tachyarrhythmias.

OVERDOSAGE: Somnolence, tachycardia, and headache have been reported with overdoses greater tha 180 mg). In the event of overdosage, general symptomatic and supportive measures should be institute maintained for as long as necessary

Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except in patients wit sciousness, followed by the administration of activated charcoal to absorb any remaining drug. If vomitin ful, or contraindicated, gastric lavage should be performed with normal saline. Saline cathartics may also rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis. It is not known if loratadi by peritoneal dialysis.

Oral LD_{50} values for loratadine were greater than 5000 mg/kg in rats and mice. Doses as high as 10 t mended clinical doses showed no effects in rats, mice, and monkeys.

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Clear relief with a low occurrence of side effects. Side effects occurred about as often as they did with placebo (sugar pill). Most common were headache, occurring with 12% of people; drowsiness, 8%; fatigue, 4%; and dry mouth, 3%.

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Easy SPIRIT

pain won't go away

continued from page 58

met regularly with clinical psychologists, a biofeedback specialist, a neurologist, and physical therapists. She learned gentle exercises and how to hypnotize herself when the pain gets too severe. She also had her medications reviewed and improved.

"My whole mind-set changed and that is the key," Barbara says. "It's very empowering to know you can control your pain."

Because her pain is so intense, Barbara also has a spinal cord stimulator implanted in her back. The stimulator delivers an electrical signal to her spinal cord which blocks out pain signals before they can reach her brain. Instead of feeling severe pain, Barbara feels a tingling sensation that helps dull the pain.

Loving someone in pain. Pain often hurts more than just one person. Families struggle as they try to understand chronic pain and cope with all its frustrations.

"Many times people living in pain lose their spouses. They can't handle it," says Grace Godell, 49, of Cadillac, Michigan, a chronic pain sufferer who leads a support group.

Gregg Piburn of Loveland, Colorado, has had to learn to handle it. He has watched his wife, Sherrie, battle pain for almost a decade. When they first married, Sherrie taught aerobics and was Loveland's first wellness director. Today, she can't work because the pain from an arthritis-related illness is too great.

"In the 1970s, I bought Sherrie cross-country skis and running shoes," Piburn says. "In the 1980s, I bought her a cordless phone and a recliner."

Piburn, who now conducts seminars with Sherrie on the impact of chronic illness on families, says families experience a real loss of control. It's hard to make plans, from everyday social functions to summer vacations, because you never know how your spouse will be feeling. That can generate a lot of anger and grief.

"I didn't think I had anything to grieve, until it dawned on me that I had lost the wife of my youth," he says. "I had spent so much time with this glorified past and fictitious future, that I wasn't emotionally engaged in the present."

Oftentimes, the healthier spouse turns into a superparent or starts to neglect his or her own needs, which often leads to disaster. Piburn suggests talking to someone about your feelings. Also, be flexible in making adjustments to old routines. If your husband has chronic pain, let him do the laundry and you mow the lawn.

Doug Ventura, who has since remarried and now works as a volunteer for the National Chronic Pain Outreach Association, has had to learn to sit back and let his wife do most of the chores. He still gets scowls pulling into handicapped parking spaces with no obvious disability, and takes a low dose of morphine each day, but he has accepted his new life.

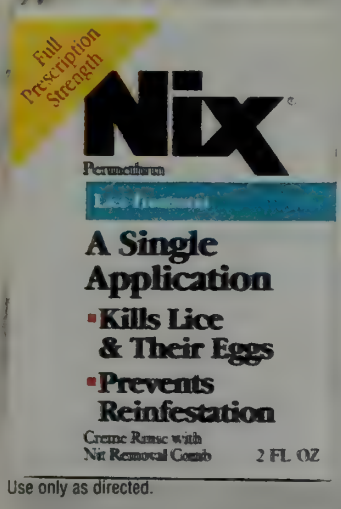
"Even though my pain is constant, I'm the happiest I've ever been," he says. "I'm proof there is life beyond the pain—and a good one at that."

For More Information

- **American Chronic Pain Association,** P.O. Box 850, Rocklin, California, 95677; 916/632-0922. This nonprofit association, with more than 800 chapters, provides a support system for chronic pain sufferers through group activities.
- **National Chronic Pain Outreach Association, Inc.,** 7979 Old Georgetown Road, Suite [illegible] Bethesda, Maryland, 20814-2429; 301/652-4948. The group provides free information and publishes "Lifeline," a quarterly newsletter.
- **Agency for Health Care Policy and Research Publications Clearinghouse.** For a free copy of "Management of Cancer Pain," write P.O. Box 8547, Silver Spring, Maryland 20907; or, call 800/358-9295.


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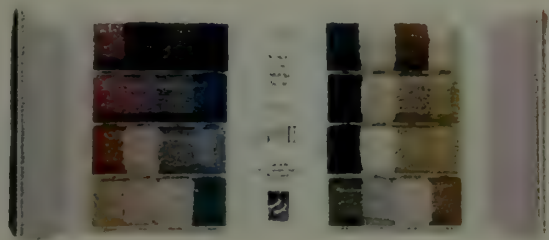
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Balancing Fat and Calories

By Anne M. Fletcher, M.S., R.D.



The good news? We're eating less fat. The bad news? We're getting fatter. One out of three adults in the U.S. is overweight. In the late '70s, only one out of four was in that category.

TOO MANY CALORIES

You'd think that with all the low-fat goodies in our kitchens, we'd be losing weight, not gaining. On the contrary. Some experts feel that our overreliance on low-fat foods is getting in the way of weight control. We seem to have forgotten that calories still count. John B. Allred, Ph.D., nutrition professor at Ohio State University, points out that adults today are eating more, 100 to 300 calories more each day, compared to a decade ago. Dr. Allred suspects that many people consume those extra calories in the form of low-fat foods. People forget that a food with little or no fat still provides calories. In a recent study at Monell Chemical Senses Center in Philadelphia, participants who were told they were eating a low-fat lunch actually consumed more calories than normal at other times of the day. This research suggests that people think because they're eating low-fat foods, it's okay to indulge throughout the day.

American Dietetic Association spokesperson Felicia Busch agrees. "When the label says low-fat, portion sizes tend to explode. People deceive themselves, thinking they can eat a whole stack of low-fat cookies instead of just one or two." She points out that naturally low-fat foods such as pasta, bread, and rice cannot be eaten in limitless amounts if someone wants to lose weight. For instance, a 2-cup serving of spaghetti contains about 400 calories—a considerable chunk of someone's intake on a 1,200- to 1,500-calorie weight-loss diet (see sample menu, page 68).

BE SMART ABOUT REDUCED-FAT FOODS

Phenomenal numbers of low-fat items can fill our grocery baskets. Last year alone, more than 1,400 new defatted products came to market. Do these foods work for you or against you when you're trying to watch your weight? To figure it out, consider the following question: When compared with their regular counterparts, reduced-fat foods can be:

a. less fattening
b. more fattening
c. just as fattening

The correct answer is "all of the above," depending on the specific food you have in mind. It is true that many low-fat foods have fewer calories, making them less fattening than regular versions. Reduced-fat American cheese, for instance, can have just 70 calories per ounce compared with the regular version at 110 calories. And an ounce of the fat-free kind has only 40 calories.

But some low-fat foods are actually more fattening than their regular counterparts, mainly because of their huge portion sizes. Take the case of a 5-ounce low-fat oat bran raisin muffin which has close to 400 calories. (The weight of a typical muffin is more like 2 ounces.) Or, consider fat-free chocolate cookies with a whopping 275 calories per cookie. Although they have no fat, just one of these cookies has double the calories of a homemade chocolate chip cookie. The problem here is that the fat-free cookie is huge—2.75 ounces compared with a 1-ounce portion for the homemade cookie.

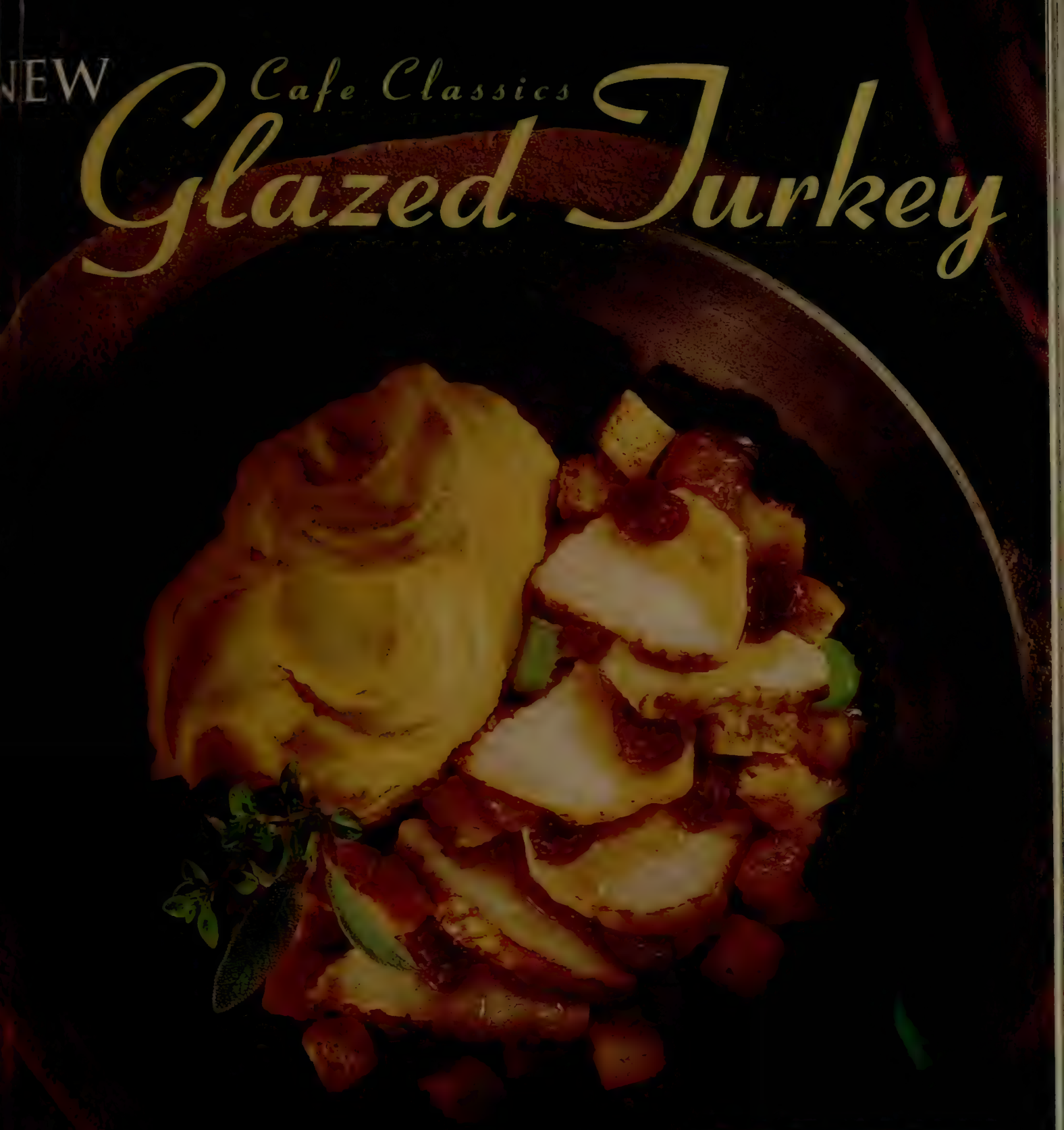
Then there are the reduced-fat foods that have almost the same number of calories as their regular counterparts. In the case of fig bars and pretzels, the regular versions have very little fat to begin with, so chopping a gram or so

continued on page 68

NEW

Cafe Classics

Glazed Turkey



Delicate medallions of turkey, glazed in a rich cranberry and cognac sauce, over a savory bread dressing. Served with creamy, whipped sweet potatoes. And yet, amazingly, low in fat and calories.



IT'S NOT JUST LEAN. IT'S CUISINE.

Frozen Food Compa

Balancing Fat and Calories

continued from page 66

for a no-fat version makes little difference in calorie content. Both the regular and reduced-fat versions of peanut butter have about 100 calories per tablespoon. The reduced-fat peanut butters have added sweeteners and soybean protein that make up for some of the lost fat calories. Note, too, that "low fat" and "reduced fat" don't mean "no fat." Lower-fat versions of such foods as cheeses, cookies, brownies, and tortilla chips still can contain a fair amount of fat, which adds up when you don't limit the amount you eat.

Another stumbling block: Many reduced-fat foods taste better than ever. It's easy to let that 120-calorie half-cup of low-fat ice cream become a 240- or 360-calorie portion. "The most important number on a food label is serving size," states Dr. Allred.

MAKING SMART CHOICES

When you're cutting back on calories, it's important to eat the most nutritious foods. Unfortunately, people load up on low-fat versions of favorite snack foods, not exactly gold mines of vitamins and minerals.

"Many people have missed the message," maintains Larry Lindner, Executive Editor of the Tufts University Diet & Nutrition Letter. "In the rush to eat low-fat, they've forgotten about eating a balanced diet." So, whether you're trying to shed a few pounds or to maintain your current weight, be sure the bulk of your calories comes from nutrient-rich items such as fat-free milk products, grains, fruits, vegetables, and lean meat, fish, and poultry. If you want to include reasonable-sized portions of reduced-fat treats as part of a well-balanced food plan, go ahead: have that low-fat brownie—but just one. ⌂

—Anne M. Fletcher is a registered dietitian and author of Thin For Life: 10 Keys to Success From People Who Have Lost Weight and Kept It Off.

HOW LOW-FAT FOODS CAN ADD UP

Food Plan A shows how reduced-fat foods can really add up calorie-wise and at the same time leave you short on important nutrients. Plan B illustrates that watching portion sizes and making smart food choices—such as dark green and orange vegetables, skim milk, and citrus fruits—can help you cut calories and fat, and still provide the nutrients your body needs.

PLAN A = 2256 Calories

Breakfast:
- 5 oz. low-fat oat bran raisin muffin
- 2 cups coffee, each w/ 2 Tbsp. low-fat nondairy creamer

Lunch:
- 2 Tbsp. reduced-fat peanut butter and 2 Tbsp. jelly on 2 slices rye bread
- 4 reduced-fat chocolate chip cookies
- 1 can diet cola

Snack:
- 8 oz. sugar-free iced tea
- 2 oz. baked tortilla chips

Supper:
- 2 cups cooked spaghetti topped w/ 2 oz. meatballs and ¾ cup low-fat spaghetti sauce
- 2 cups iceberg lettuce w/ 2 Tbsp. reduced-fat dressing
- 1 cup coffee w/ 2 Tbsp. low-fat nondairy creamer

Snack:
- 2 low-fat brownies
- 1 can diet soda

PLAN B = 1568 Calories

Breakfast:
- ½ cup raisin bran cereal w/ ¾ cup skim milk
- ½ grapefruit w/ 1 tsp. honey
- 2 cups coffee, each w/ 2 Tbsp. skim or 1% milk

Lunch:
- 2 oz. smoked turkey breast on 1 slice rye bread w/ mustard
- ½ cup carrot sticks
- 2 reduced-fat chocolate chip cookies
- 8 oz. skim milk

Snack:
- 8 oz. hot cocoa (made w/ skim milk and 2 Tbsp. chocolate syrup)
- 1 oz. pretzel sticks

Supper:
- 1 cup cooked spaghetti topped w/ 2 oz. baked skinless chicken breast and ¾ cup low-fat spaghetti sauce
- 1 cup steamed broccoli
- 2 cups romaine lettuce w/ 2 Tbsp. reduced-fat dressing
- 1 cup cappuccino* (made w/ ½ cup skim milk)

Snack:
- ½ cup low-fat frozen yogurt w/ ½ cup sliced strawberries

Plan A has only about 65% of the recommended amount of vitamin C, half of the recommended calcium, and just 5% of the suggested vitamin A level. Plan B, on the other hand, far exceeds recommended amounts of all of these nutrients.
*If you don't have a cappuccino machine, you can steam milk in your microwave, then froth it in a blender.



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fitness matters

GOOD NEWS ABOUT SHAPING UP

Become a Sports Sleuth

When you drop off the kids at soccer or football practice this fall, conduct your own safety inspection.

Jack Eldridge, M.D., a pediatric orthopedic surgeon at Egleston Children's Hospital at Emory University in Atlanta, advises parents to inquire about their child's sport program and the adults running it. "Be sure your child is grouped with other children of similar weight, skill level, and physical maturity," he says.

Also, check to see that coaches condition students by allowing for a warm-up before practice and a cool-down period afterward. Other tips:

- Carefully inspect equipment and practice areas to make sure they don't pose a safety hazard.
- Know what type of medical care would be available if your child was injured, what first aid measures would be used, and how an emergency would be handled.
- Ask coaches how much experience they have with the sport.
- Make sure team organizers recognize the dangers of playing outside in inclement weather. For example, if lightning starts, children should be led off the field, away from isolated trees and wire fences.



Morning Exercise and Heart Attacks

Those of us who like working out right after waking up may be wondering if the timing is right. A series of widely publicized studies have clearly shown a higher incidence of heart attacks in the first four hours after the sun comes up.



Upon waking, the nervous system "gets ready for the stings and arrows of the day," says Art Leon, M.D., of the University of Minnesota. Also, the platelets in the blood are more sticky. This increases the risk of arteries becoming blocked, which can lead to a heart attack.

Heart specialists admit that the act of getting up can cause an increase in heart rate, blood pressure, and clotting ability; thus, heavy morning exercise for people with heart problems may not be wise. The fact is, morning itself seems to be the culprit, not necessarily morning exercise. Check with your doctor.

continued on page 72

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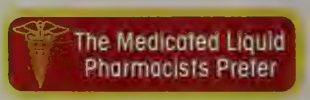
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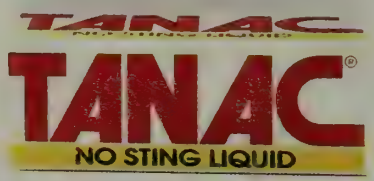
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Treadmill Users—Swing Those Arms! It Makes A Difference

An advertisement claiming a dual-action treadmill provided far better workouts than a regular treadmill aroused suspicion in Nancy Kay Butts, Ph.D. So she called the company and asked if she could put their machine through a little test where she works at the Human Performance Laboratory at the University of Wisconsin-LaCrosse.

Butts' study compared workouts on a regular motorized treadmill versus the dual-action model, which has push-pull arm poles that work the upper body as you walk. Sure enough, the study found that using your arms on a treadmill increases the amount of energy spent by an average 55 percent over walking.

Several companies make dual-action treadmills, which cost between $400–$1,000. These treadmills are especially ideal, she says, for "reasonably fit people who, like me, hate running but still want to get their heart rate up. You walk two or three miles on this using the arms and you get a good workout."

Fitness Matters *continued from page 70*

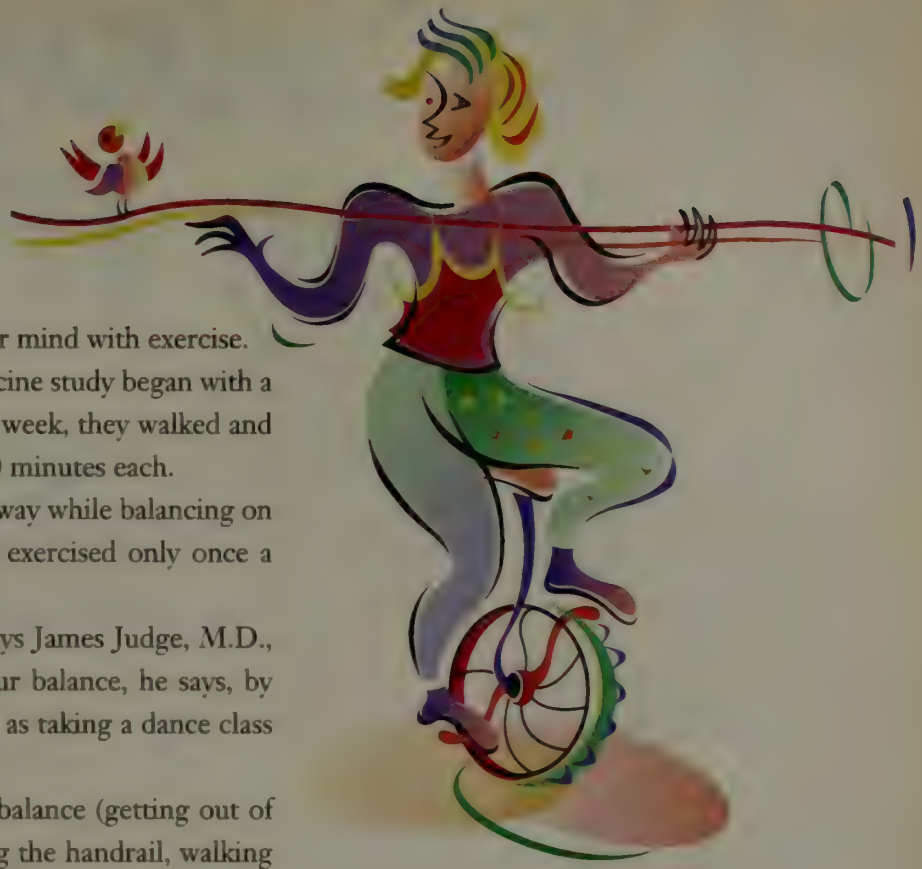
Socks Appeal: Don't Cotton to Cotton

Good cotton socks are cool and comfortable and worth a thousand "Aaahs." But they're not worth a hoot when it comes to exercise.

Cotton fibers retain moisture much longer than synthetic material (nylon, acrylic), which is known for wicking away moisture from the skin. Moisture causes material to compress and lose some softness and cushioning capability. Moisture also softens skin, making it more susceptible to blisters and fungal infections.

Whatever the material, avoid tube socks, says Gene Mirkin, D.P.M., a podiatrist in Silver Spring, Maryland. The less-than-precise fit, especially at the heel, can cause bunching and blisters.

Older Women: Steady Yourselves With Exercise



If you fear falling and breaking a hip, ease your mind with exercise.

A University of Connecticut School of Medicine study began with a group of women aged 62 to 75. Three times a week, they walked and did strength training and other exercises for 20 minutes each.

After six months, the women reduced their sway while balancing on one foot by 17 percent. A similar group that exercised only once a week showed no improvements in balance.

"Strength and balance go hand-in-hand," says James Judge, M.D., who authored the study. You can improve your balance, he says, by doing activities requiring motor learning, such as taking a dance class or exploring a forest or mountain path.

When doing daily movements that require balance (getting out of the bathtub, descending stairs without gripping the handrail, walking on gravel), think of the activity as "a performance," Dr. Judge says. "You need to concentrate just as you would doing a high jump." ♦

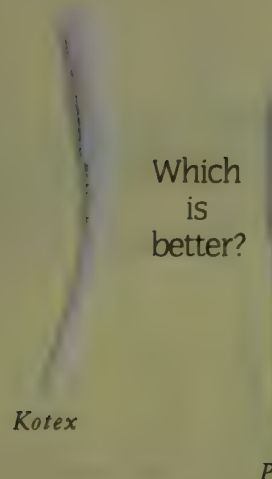
by Gary Legwold

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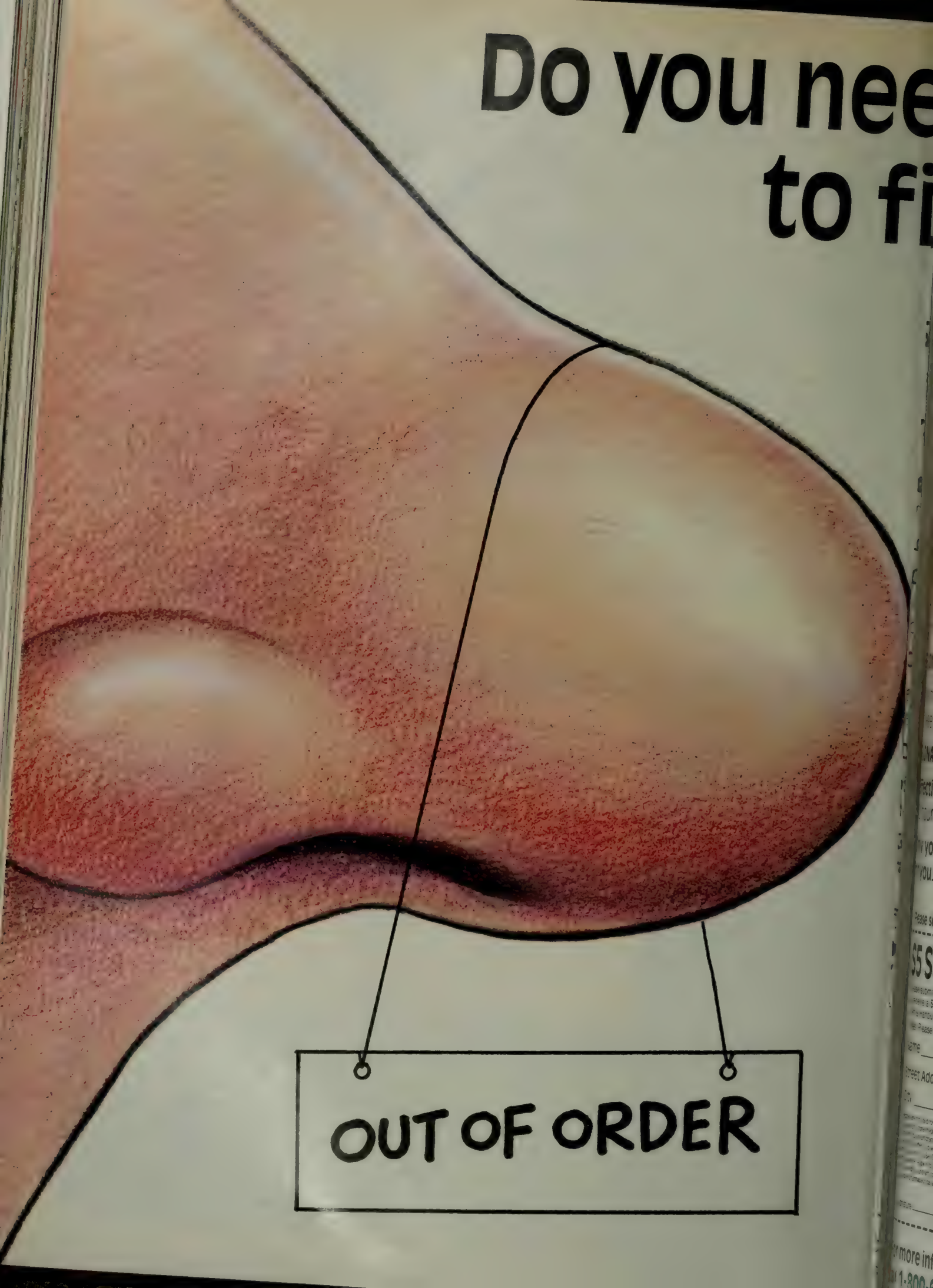


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The following is a brief summary only. Before prescribing, see complete prescribing information in Flonase™ Nasal Spray product labeling

CONTRAINDICATIONS: Flonase™ Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic glucocorticoid with a topical glucocorticoid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic glucocorticoids and transferred to topical glucocorticoids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic glucocorticoid treatment, too rapid a decrease in systemic glucocorticoids may cause a severe exacerbation of their symptoms.

The use of Flonase™ Nasal Spray with alternate-day systemic prednisone could increase the likelihood of hypothalamic-pituitary-adrenal (HPA) suppression compared with a therapeutic dose of either one alone. Therefore, Flonase Nasal Spray should be used with caution in patients already receiving alternate-day prednisone treatment for any disease. In addition, the concomitant use of Flonase Nasal Spray with other inhaled glucocorticoids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information). If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the intranasal administration of fluticasone propionate. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of glucocorticoids.

Use of excessive doses of glucocorticoids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or suppression of growth in children or teenagers. Knemometry studies in asthmatic children on orally inhaled glucocorticoids showed inhibitory effects on short-term growth rate. The relationship between short-term changes in lower leg growth and long-term effects on growth is unclear at this time. Physicians should closely follow the growth of adolescents taking glucocorticoids, by any route, and weigh the benefits of glucocorticoid therapy against the possibility of growth suppression if an adolescent's growth appears slowed.

Although systemic effects have been minimal with recommended doses of Flonase™ Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of Flonase Nasal Spray should be avoided.

When used at larger doses, systemic glucocorticoid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of Flonase Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral glucocorticoid therapy

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with Flonase Nasal Spray. Patients using Flonase Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

Flonase Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infections; untreated fungal, bacterial, or systemic viral infections; or ocular herpes simplex

Because of the inhibitory effect of glucocorticoids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal glucocorticoid until healing has occurred.

Information for Patients: Patients being treated with Flonase Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use Flonase Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with Flonase Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of Flonase Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the patient's instructions accompanying the product.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in studies of oral doses up to 1.0 mg/kg (3 mg/m² as calculated on a surface area basis) for 78 weeks in the mouse or inhalation of up to 57 mcg/kg (336 mcg/m²) for 104 weeks in the rat

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells *in vitro*. No significant clastogenic effect was seen in cultured human peripheral lymphocytes *in vitro* or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow

No evidence of impairment of fertility was observed in reproductive studies conducted in rats dosed subcutaneously with doses up to 50 mcg/kg (295 mcg/m²) in males and females. However, prostate weight was significantly reduced in rats.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (135 and 590 mcg/m², respectively, as calculated on a surface area basis), revealed fetal toxicity characteristic of potent glucocorticoid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed following subcutaneous doses of 4 mcg/kg (48 mcg/m²).

However, following oral administration of up to 300 mcg/kg (3.6 mg/m²) of fluticasone propionate to the rabbit, there were no maternal effects nor increased incidence of external, visceral, or skeletal fetal defects. No fluticasone propionate was detected in the plasma in this study, consistent with the established low bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of the full prescribing information).

Less than 0.008% of the dose crosses the placenta following oral administration to rats (100 mcg/kg, 590 mcg/m²) or rabbits (300 mcg/kg, 3.6 mg/m²).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. Experience with oral glucocorticoids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from glucocorticoids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous glucocorticoid dose and many will not need glucocorticoid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. Subcutaneous administration of tritiated drug to lactating rats (10 mcg/kg, 59 mcg/m²) resulted in measurable radioactivity in both plasma and milk. Because other glucocorticoids are excreted in human milk, caution should be exercised when Flonase Nasal Spray is administered to a nursing woman.

Pediatric Use: The safety and effectiveness of Flonase Nasal Spray in children below 12 years of age have not been established. Oral glucocorticoids have been shown to cause growth suppression in children and teenagers with extended use. If a child or teenager on any glucocorticoid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of glucocorticoids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=132) have been treated with Flonase Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, 2,427 patients received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle and active comparators.

Systemic glucocorticoid side effects were not reported during controlled clinical studies up to 6 months duration with Flonase™ Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive or if in conjunction with systemically administered glucocorticoids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with Flonase Nasal Spray 200 mcg once daily over 6 months.

Incidence Greater than 1% (Causal Relationship Possible): ***Respiratory:*** Epistaxis, nasal burning (incidence 3% to 6%); blood in nasal mucus, pharyngitis, nasal irritation (incidence 1% to 3%).

Neurological: Headache (incidence 1% to 3%).

Incidence Less than 1% (Causal Relationship Possible): ***Respiratory:*** Sneezing, runny nose, nasal dryness, sinusitis, nasal congestion, bronchitis, nasal ulcer, nasal septum excoriation.

Neurological: Dizziness.

Special Senses: Eye disorder, unpleasant taste.

Digestive: Nausea and vomiting, xerostomia

Skin and Appendages: Urticaria.

OVERDOSAGE: There are no data available on the effects of acute or chronic overdosage with Flonase™ Nasal Spray. Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of Flonase Nasal Spray contains approximately 8 mg of fluticasone propionate. Chronic overdosage may result in signs/symptoms of hypercorticism (see PRECAUTIONS).

Allen & Hanburys
Division of Glaxo Wellcome Inc
Research Triangle Park, NC 27709

October 1994
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FLN247R0 Printed in USA June 1995









If you could see your air, you'd be more tempted to squash it with a newspaper than breathe it.

Your air is filled with millions of reasons to get the 3M™ Filtrete™ Micro Particle Air Filter.

Its patented electrostatic fibers trap up to 20 times more allergy-aggravating micro particles than other 1" filters. Which is important when you consider that 99% of the particles in your air are, in fact, micro particles.

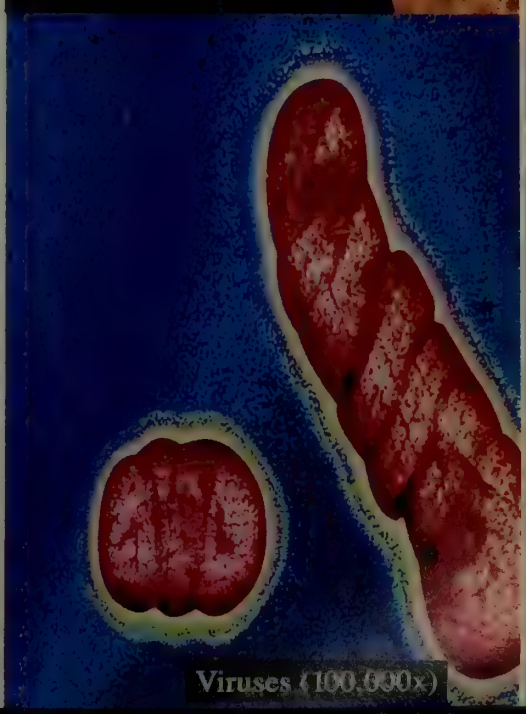
Look for the complete line of 3M filters wherever filters are sold. They're your best choice for a lot of not-so-obvious reasons.



3M *Innovation*









Cottage Corners

Relish the comfort of burrowing into your own snug little "nest" on chilly evenings this fall and winter. The ingredients are few, the pleasures many. Just take your decorating cues from these appealing examples.

To set the scene for cozier fall gatherings:

- Pull seating pieces away from the walls into a more intimate cluster of comfort, then anchor them with an area rug.
- Let a floor screen embrace the sofa. Buy one or make your own from shuttered doors or by covering plywood panels with fabric or wallcovering. This custom screen exudes denlike ambiences thanks to a trompe l'oeil library wallpaper.
- Turn up the heat with accessories. The colors and textures of a nubby rug, soft woven throw, and needlepoint pillows lend wintertime appeal.
- Layer richly colored and patterned fabric over summer-white curtains.

continued on page 84



IF IT'S BEEN *awhile*
INCE YOU HAD AN INSURANCE
REVIEW, YOUR COVERAGE
COULD BE *a bit* OUTDATED.

There are some things that just don't get oked at very often. Like the underside your sofa cushions. That container of oldy green stuff in the back of your frigerator. Or, for that matter, your dusty d insurance policies.

Unlike the first two examples, ignoring ur insurance coverage could be a big istake. Fortunately, Farmers has a way to ep your policies from looking like some- ing out of the Paleozoic period.

It's known as the Farmers Friendly Review. It's a systematic way of reviewing your policies that can close any gaps in your coverage, show whether you're under-insured, over-insured, or possibly spending more than you have to.

Best of all, a Farmers Friendly Review of your policies is free of charge.

Just dig up your various insurance policies and bring them to your Farmers Agent.

We'll do what it takes to adapt them to the needs of modern times.

FARMERS INSURANCE GROUP
Symbol of Superior Service

America can depend on Farmers.

Cottage Corners

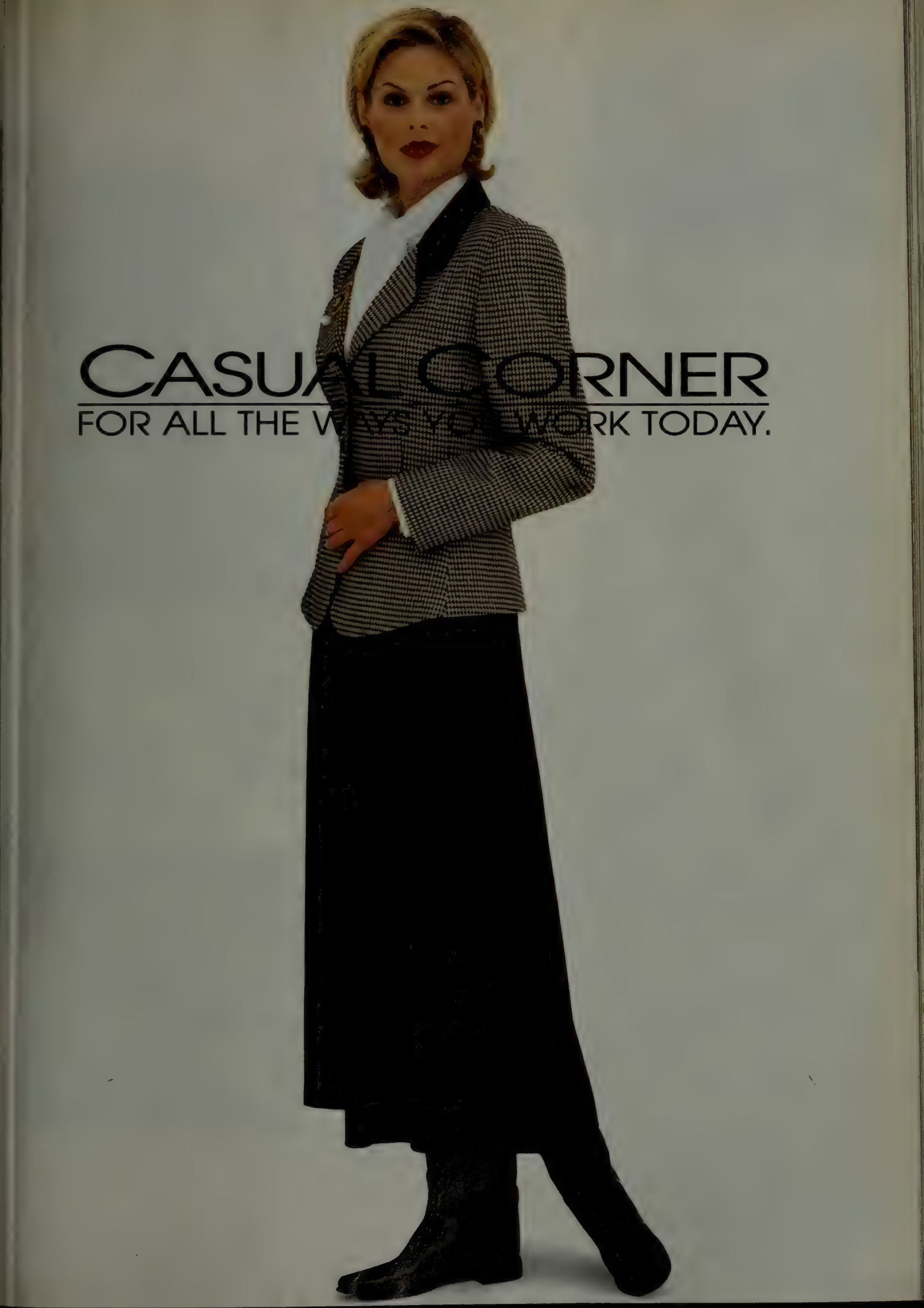
continued from page 82



When autumn leaves drift by the window, it's time to carve out a cool-weather retreat.

- Add nook-and-cranny charm with simple open-back bookshelves. For a dramatic focal point, build the shelves around windows and extend them from wall to wall and from floor to ceiling.
- Counter gray days (and turn your corner into a bright spot) with bold colors that suggest the exuberance of a summer flower garden.
- Slipcover your favorite armchair (or a flea-market find) with a mix of fabrics for lighthearted warmth. Linked by the colors in the large-scale novelty print, a midsize gingham check and a smaller-scale leafy pattern peacefully coexist. To avoid competing with the bold pattern mix, the skirt sports tailored, inverted pleats instead of ruffles.

continued on page 86


CASUAL CORNER
FOR ALL THE WAYS YOU WORK TODAY.



Sink back and put your feet up. Our Cloud chair and ottoman let you surround yourself with lofty perfection. The chair, ottoman, and matching sofa are all protected by Scotchgard® from 3M. To experience more, see the retailers below.

Arizona
Phoenix: Thomasville Home Furnishings
Tucson: Thomasville Home Furnishings by Baker's

California
Agoura Hills: Thomasville Home Furnishings
Bay Area Locations: Thomasville Home Furnishings
Diamond Bar: Thomasville Home Furnishings
Fresno: Thomasville Home Furnishings by Slaters
Hanford: Thomasville Home Furnishings by Hanford Furniture
Huntington Beach: Thomasville Home Furnishings
Lancaster: Aven Furniture
Los Angeles: Thomasville Home Furnishings
Northridge: Thomasville Home Furnishings
Palm Desert: Thomasville Home Furnishings of Palm Desert
Palos Verdes: Thomasville Home Furnishings of South Bay
Pasadena: Thomasville Home Furnishings
Sacramento: McCreery's Fine Furniture
San Diego-La Mesa: La Mesa Furniture-Both Locations
Santa Barbara: Thomasville Home Furnishings
Santa Clara: Russell's

Colorado
Denver: Thomasville Home Furnishings

Idaho
Boise/Richland, WA: Ennis Fine Furniture

New Mexico
Albuquerque: American Furniture Galleries
Hobbs: Miller Waldrop Furniture

Nevada
Las Vegas & Reno: Thomasville Home Furnishings

Oregon
Lake Oswego: Thomasville Home Furnishings by Parker's-All Locations
Medford: Thomasville Home Furnishings by Joseph Winans

Utah
Murray: Thomasville Home Furnishings

Washington
Bellevue/Lynnwood: Greenbaum Home Furnishings
Olympia: Selden's Fine Home Furnishings
Spokane: Thomasville Home Furnishings by Spears-All Locations
Tacoma: Selden's Home Furnishings and Interior Designs

Thomasville

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Scotchgard is a registered trademark of the 3M Corporation

Cottage Corners

continued from page 84



Natural magnets for group gatherings, firesides also make precious moments of solitude especially relaxing. To snuggle up by your fireplace:

- Settle back against the deep, sheltering wings of a classic chair. This crisp blue-and-white fabric provides celestial cheer even when skies are gray.
- Create an island of comfort by adding an obliging footstool and end table.
- Don't forget the lamplight. In addition to providing task light for reading, a lamp with a light, translucent shade radiates an inviting glow.

You want your own place.



Take heart. You need only a few feet of floor space to create this winter haven.

- Plunk down an inviting rolled-arm chair for a great beginning. Easygoing red plaid upholstery lends a look that's as comforting as your favorite flannel shirt.
- Add personality and create a small-space focal point with a slim hat rack, shown right, or with a freestanding bookcase.
- Use a small-scale outdoor chair for seating and to double as a surface for a book and a cup of tea. Here, the back of this folding metal park chair charmingly echoes the curve of the plaid chair back.

Buying information, page 150


AND YOU DIDN'T THINK CLOUDS
CAME IN GREEN LEATHER.
Relax and sink back into its extraordinary softness. You'll float upon cushions you'll
think are too luxurious to be so enduring. It's comfort that is nothing short of heavenly.
To experience more of the Cloud sofa, look to the retailers on the opposite page.
THE PLACE TO START IS Thomasville

Resting Easy

Snooze Testing

Just as you wouldn't buy a car without taking it for a turn around the block, rest-testing your mattress is a must. Like a fine automobile, your mattress should be comfortable and engineered for the long haul.

Test Driving Your Mattress

Even the sturdiest mattress set has limits. If yours is uncomfortable or seems painfully small, it's probably time to start fresh with a new set.

Mattress set shopping can be difficult or confusing. A bit of know-how and the willingness to lie down on the job will assure you sweet dreams well into the next decade.

★ A mattress set purchase is one decision you'll want to make lying down. Even if you feel silly, block out the world and practice "sleeping" in the store on as many mattresses as possible. For a proper trial, relax on your preferred model for a reasonable amount of time.

★ Roll around the mattress, testing it in the sleep position you use most, and trying out the mattress from edge to middle. There should be no bothersome squeaks, and the mattress should provide a comfortable surface with deep-down support.

★ Sit and lie down on the mattress edge. It should give a bit with your weight, but spring right back when you stand. A proper mattress offers support when you sit on the edge of the bed to tie your shoes. That edge offers an increased sleep surface, so you should never feel as though you're about to roll completely off the bed.



Dress for Sleeping Success



Get serious about your mattress test drive by wearing loose, comfortable clothing and shoes that slip off easily. Jogging suits are a good choice—they're roomy and preserve your modesty as you turn, turn, turn.

Also, if you sleep with a partner, test your dream bed as a pair to be sure it has no nightmarish surprises.

z z z

SEARS HOMELIFE FURNITURE STORE

ALASKA
Anchorage—5900 Old Seward Hwy., 907-261-2410

CALIFORNIA
Fresno—*In the Sears store at:* Manchester Mall, 209-244-3387

LOS ANGELES AREA
West L.A.—8810 Venice Blvd., 310-837-1720
Glendale—314 N. Central Ave., 818-637-7940
Montclair—[illegible] Central and Richton, 909-920-4337
Moreno Valley—[illegible] Canyon Springs Plaza, 909-[illegible]
In the Sears store at:
Buena Park—[illegible] Mall, 714-236-3500
Costa Mesa—South Coast Plaza, 714-557-1217
Covina—[illegible] Center, 818-915-4601
Laguna Hills—[illegible] 4701
Orange—Orange [illegible]
Oxnard—Esplanade [illegible]
San Bernardino—Inland [illegible], 909-384-4201
Thousand Oaks—Jann's Mall, [illegible]
Torrance—Del Amo Mall, 310-2[illegible]

SAN DIEGO AREA
LaJolla—Opening Soon, 1-800-733-STYLE
San Marcos—860 Los Vallecitos Rd., 619-471-1710
In the Sears store in:
Chula Vista—Chula Vista Shopping Center, 619-585-2251

SAN FRANCISCO BAY AREA
Rohnert Park—565 Rohnert Park Exp., 707-586-1174
In the Sears store in:
Concord—Sun Valley Mall, 510-246-1901
Hayward—Southland Mall, 510-784-5200
San Bruno—Tanforan Mall, 415-244-5001
San Jose—[illegible]stridge Mall, 408-239-1101

HAWAII
Ala Moana—3rd Fl. of Ala Moana Sears Store, 808-947-0300
Pearl City—At the Sears Distribution Center, 808-453-3600

WASHINGTON
SEATTLE AREA
Silverdale—10903 Myhre Pl. just N. of Kitsap Mall, 360-692-4733
Tukwila—402 Strander Blvd., 206-242-8997

PUERTO RICO
Bayamon—Santa Rosa Mall, 809-786-1212
Carolina—Plaza Carolina Station, 809-276-3200
Mayaguez—Mayaguez Mall, 809-834-1050
Ponce—Plaza Del Caribe, 809-259-6000
San Juan—Plaza Las Americas Mall, 809-250-2988



THE BEST PLACE TO SLEEP

When you're looking for the best place to sleep, just look for a Sears-O-Pedic ComfortCrafted™ mattress. Lie down on it. Feel the firm, yet gentle way it supports in just the right places.

And you'll rest easier for years to come knowing that ComfortCrafted mattresses feature only 25-year warranty in the world. Ask your salesperson for details.

For more information, see your nearest Homelife Furniture Store or 1-800-733-STYLE. You won't find the best place to sleep anyplace else.

SEARS HOMELIFE

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HINT #6

Get a leg up on runs.



To make pantyhose more resistant to runs, we've got the perfect solution.

First, wash new pantyhose and allow to drip dry. Then mix two cups of Morton® Salt with one gallon of water and immerse pantyhose. Soak for three hours, rinse in cool water, and drip dry. For more creative ways to use economical, effective and safe Morton® Salt around the house, just write: Morton Salt Tips, Dept. A, Chicago, Il 60606-1597

Morton

tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips with other readers.

GET RID OF THE FLEA BAG

Do you have a problem keeping your carpets flea-free? After your pets have been dipped and your house has been sprayed, carefully dispose of your vacuum bag, which is a breeding ground for fleas that will head back into your carpet. Put the vacuum bag in a plastic garbage bag and put it outside.

Cecily Wilson
Brownsville, Texas

DELIGHTFUL DUSTING

Make dusting quick and easy by spraying a four-inch paintbrush with furniture polish. This is the ideal way to polish louvered doors, cabinet doors, finely detailed furniture, and hard-to-reach spots.

Elle Guyer
West York, Ill.

DUST YOUR GARDEN

Here's a simple and inexpensive way to fertilize your garden. Use an ice pick to punch holes in the bottom of an empty one-gallon milk jug. Cut a hole in the top of the jug—removing the spout but leaving the handle. Put some fertilizer in the jug and walk slowly around the garden to evenly treat your plants.

Emma Lee Ewing
Easton, Md.

PREVENT LAUNDRY ODORS

To prevent odors from seeping out of your laundry hamper, create this simple odor eater. Pour cat litter in the leg of an old pair of pantyhose, tie it off, and place it in the bottom of the hamper. The litter will soak up bad smells. When odors return, pour some fresh litter into the hose.

Leslie Cain
Houston, Miss.

UNDER-SINK SPACE SAVER

Save valuable kitchen storage space by standing your boxes of aluminum foil, plastic wrap, waxed paper, and plastic bags upright, under the sink, in an eight-slot beverage container.

Elena Krumholtz
Kettering, Ohio

PROTECT CARPET AND TOES

Are you always stubbing your toes on the leg of your bed frame? Do the legs leave deep indentations in your carpet? Solve both problems by placing each leg into an insulated foam soda holder. Your dust ruffle will keep the holders hidden.

Earlana Taylor
Pottsboro, Texas

SEND US YOUR TIP

Mail your tip along with a daytime phone number and your Social Security number to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.



To find out how good our decorative mirror doors are, we open and close them over 100,000 times. Funny, isn't that the same way you do it?

For additional information, call 1-800-616-4123

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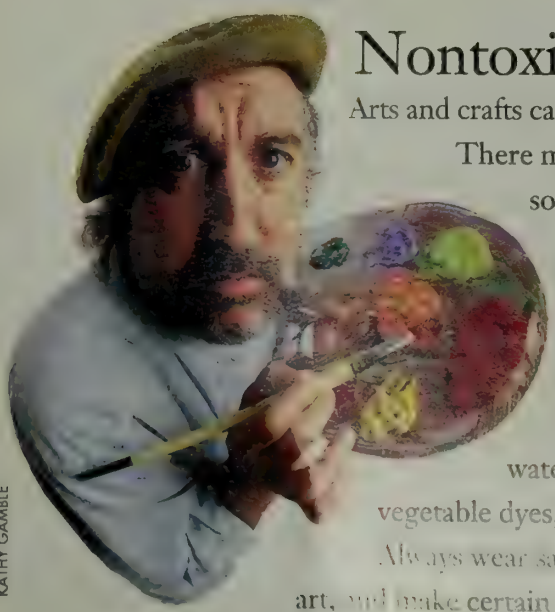
Our mirror closet doors come in many styles and colors. But at Stanley, we believe a mirror door should be more than just decorative. It should also last. So we gave ours a twin-wheel top guide and an anti-jump track for smooth, reliable operation. This attention to detail led us to screwdrivers with ergonomically-designed grips for increased torque and exterior doors that stand up to hundreds of pounds of pressure. Making the best products around. It's the only way we've ever done things. And quite frankly, it's the only way we ever will.

STANLEY
helps you do things right.®



our environment

YOU MAKE THE DIFFERENCE



KATHY GAMBLE

Nontoxic Art

Arts and crafts can become a headache or worse if you don't choose supplies with care. There may be lead or cadmium in paint, asbestos in earth clays, organic solvents in glues, carbon black in India inks, and lead in pottery glazes. To avoid these and other toxics, read product labeling carefully. There must be printed warnings if hazardous ingredients are included. Also, if a product is potentially dangerous to children, the label must say so.

Safe, nontoxic art supplies are available. Healthful choices include water-based paints, talc-free white clay, dustless chalk, lead-free glazes, vegetable dyes, and non-solvent glues.

Always wear safety goggles, a dust mask or respirator, and gloves when doing your art, and make certain you have adequate ventilation.

NATURE'S AIR FILTERS

One of the best air filters you'll ever have may already be growing around your house, say NASA scientists. Plants are nature's way of removing pollutants. Try these:

- Spider plants or golden pothos gobble up formaldehyde released by such common materials as particleboard, insulation, or flooring.
- Flowering plants, such as daisies, lilies, and chrysanthemums, are recommended to remove common household chemicals emitted from dry cleaning, varnishes, lacquers, and adhesives.
- English ivy helps filter out benzine, a carcinogen found in tobacco smoke.

Use at least one plant for each 100 square feet of interior space.

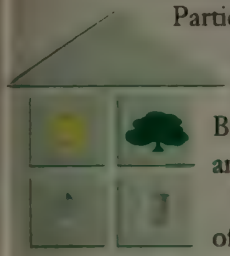


LYNE NEYMEYER

RATING NEW HOMES

Before buying a ticket to the latest movie, you probably glance at a newspaper review to see how many stars it earned. Those shopping for a new home in the city of Austin, Texas, can look for a similar four-star rating guide previewing the environmental performance of their potential purchase.

The city's Green Building Program rates homes in four areas: energy, water, building materials, and solid waste. Participating builders earn stars for choices that maximize efficiency and minimize waste.



A four-star house includes such features as solar design, water-saving appliances, a recycling center, and the use of locally produced building materials that haven't required long-distance transportation. Builders in the Austin area have enthusiastically embraced the program because they find it directly answers customers' environmental questions.

Review posters are displayed in new homes and take only a moment to grasp. The program is a project of Austin's Environment and Conservation Services Department.



Nature Valley® Low Fat Fruit Granola has raisins, dates, and baked-in bits of real apple and orange—so you can have a bountiful breakfast with great taste that's low in fat.

by Cathy Borcherding

Mood Swings

Color works magic by communicating with your emotions. With a quick change of paint on your walls, you'll feel the mood shift throughout the room. That's because color goes beyond your walls and enhances the entire space, influencing your furnishings, fabrics, and accents.



WARM COLORS:

The sun-drenched shades of red, yellow, and orange invite you into a room with their cheery warmth and intimacy. Warm colors also advance, making small rooms appear smaller and large rooms more cozy. Here, this living room with coral-colored walls invites you for a cuddly snuggle with your favorite novel. Layering on neutral shades—such as those found in the sofa fabric's background, the white-washed table, and the iron lamp—helps balance and calm the intensity or brightness of the wall. Note how the heated shade of coral blends the tabletop accessories as a unit by softening their outlines, rather than defining each one separately.



COOL COLORS:

See how switching from a warm coral color to a cool green changes the feeling of this living room. Consider the visual temperature of a color, which has been set by nature, before you splash the paint on your walls.

Nature's fresh, spring shades of blue, green, and purple calm and soothe. These serene hues also recede and make any size room appear larger. Because they also make a room feel colder, these colors make sense for a sun-drenched room where the brightness needs to be held in check. Against the green backdrop, the tabletop accessories stand out as individual elements because cool colors reinforce their outlines.



Touched by the warmth of the sun, shades of lemon yellow and passionate fiery red work magic in a cold, north room.



Nature's breezes blow in shades of blue and green. Let them cool off warm tones to create a pleasant room "temperature."


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Advertisement

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- Dave Thomas,
Founder of Wendy's



Barbara Gellerstein tells Dave Thomas that adoption really works!

100,000 children in America are waiting to be adopted.

Many of them will have a difficult time finding families because they have special needs.

Dave Thomas, founder of Wendy's Old Fashioned Hamburgers Restaurants, was adopted as an infant, and he firmly believes that *every* child deserves a home and loving family.

November is National Adoption Month. Look for posters and trayliners in Wendy's restaurants encouraging people to open their hearts and build their families through adoption.

For more information about adoption, call the
National Adoption Center
1•800•TO•ADOPT

DESIGN

Room Arranging Dos and Don'ts

after



Separate an L-shaped living room and dining room into two functional areas.

The problem: The love seat sits too far away from the sofa for conversation and also causes a tight space for playing the piano. The sofa arm rests only a few feet from the dining room table, allowing no separation between the rooms. The table is proportionately too small for the dining room. The buffet under the window sets the dining room's weight off-balance.

The solution: Rotate the sofa to rest in front of the window and pull the love seat in close. Place a tall tree in the corner, hang a print over the love seat and accessorize the table behind to add interest to the room's end wall. Slide one chair and an end table over to open the corner for easy access to the piano. Provide privacy for dining and for conversation with the placement of a folding screen. Add height to the dining room to balance the weight of the window.



"Why run for the border?"

st walk into a Wendy's for our Taco Salad. We take our rich, meaty chili and combine it with fresh lettuce, tomatoes, shredded cheese and tortilla chips. I think it's the best taco salad either side of the border."

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Salads made fresh all day, every day.



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gardener's almanac

OCTOBER 1995

Falling leaves

Splash your yard with the vibrant hues of autumn leaves by planting a maple tree this fall. Maple leaves turn from green to gold, burgundy, or fiery red, *below,* making a bright show on the tree. Then they fall and carpet the ground with color. There's a maple to fit



every yard and every climate. In areas where winters are harsh, try *Acer rubrum* Red Sunset, which has lovely silver bark, or sugar maple, whose autumn colors blend red, orange, and yellow. *Acer rubrum* Karpick, an oval-canopied tree with red twigs, is perfect for smaller yards, as is *Acer ginnala* Flame. For Southern and West Coast gardens, look for big-le[illegible] Japanese, or vine maples.

—by Mark Kane and Julie A. Martens



Daisy crazy. Asters are autumn showstoppers, flowering generously until frost. One of the best is *Aster* x *Frikartii* Monch (center pot, above). In full sun, it blooms nonstop from summer to first frost, year after year. Where summers are hot, substitute long-blooming *Aster* x *Frikartii* Wonder of Staffa. In containers, try pink-blossomed, 15-inch varieties such as Nesthackchen, Newton Pink, or *Aster novi-belgii* Kassel. Move them to a well-drained bed before the ground freezes and cut back old stems each spring when new growth appears.

TEST GARDEN TIP

Mum's the word. For late fall color, nothing beats chrysanthemums. Roy Wyatt, our test gardener in Georgia, suggests buying mums in bud, or even in bloom, for instant impact. Give them at least six hours of sun, and soil that's rich in organic matter. Or enjoy potted mums indoors and plant them late, up until the ground freezes. Fertilize in spring, when new growth appears. For more flowers, pinch when shoots are 5 inches tall [illegible] pinching until mid-July.



continued on page 102

Heavy Isn't Healthy.

Excess weight can be associated with certain health conditions



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Monitor your dog's weight by regularly giving him the Purina® Fit & Trim® Rib Check.™ Put your thumbs on his backbone and both hands on his rib cage. If you can't easily feel his ribs, your dog probably needs to shed a few pounds.

And remember, for the health of your dog, please visit your veterinarian regularly.

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french accent

Our new Country French Collection with an antique cherry finish. Shown. Writing Desk, $449; Door Cabinet*, $229. Lamp, $249 Chair*, reg. $99 sale $79. Sale ends Oct. 18. *Available in larger stores and by mail or phone order. To order or for a free catalog call 1-800-829-7789. For store locations call 1-800-829-7759.*

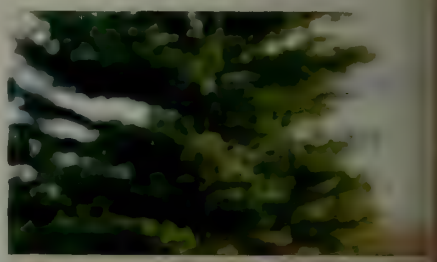
The Bombay Company.

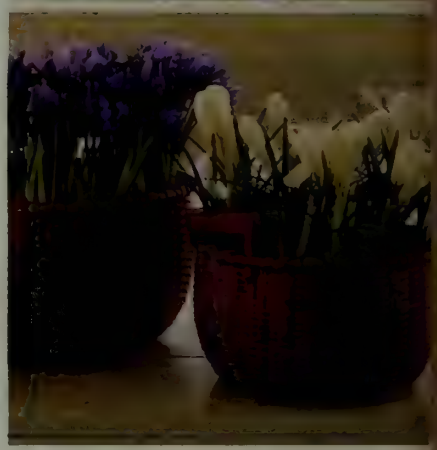




Gardener's Almanac

continued from page 100

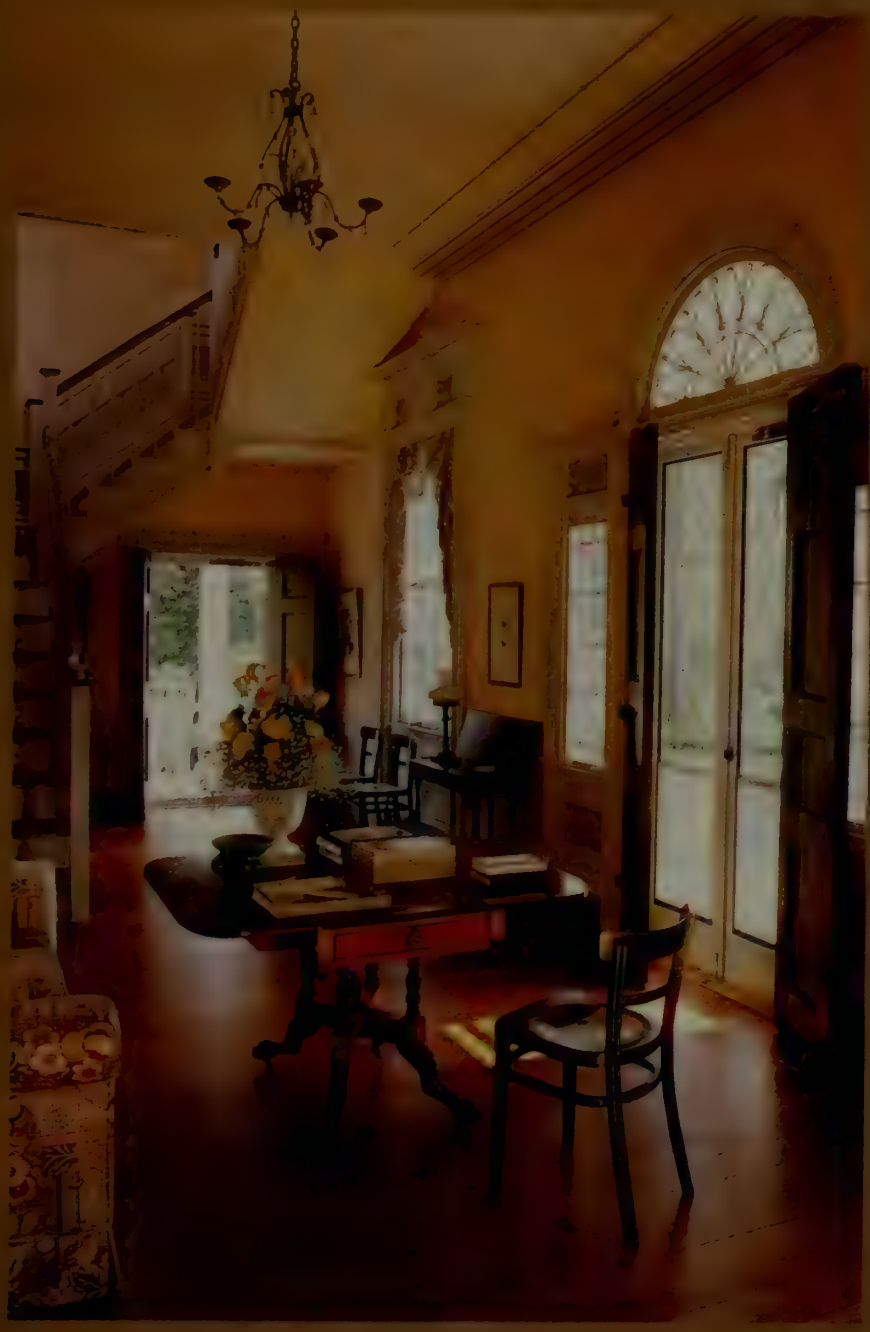




Spring beauties. For forcing colorful blooms during winter's bleak days, now is the time to po bulbs, such as these white crocus and purple *Iris reticulata*. Get started 1 weeks before you want the bulbs t flower by setting them in a pot that' twice as tall as the bulbs. Half-fill th pot with commercial potting soil mixing in a little bonemeal. Plac bulbs on the soil, then fill in aroun them until only their tips are visible Place the pot in a cold location (35 to 50°), such as a refrigerator. Whe shoots appear, set the pot where i will receive bright, indirect light Shoots will turn green, leaves an flower buds will emerge, and the the beauty of spring will unfol before your eyes.

Buying guide page 156

Better *by* Design



When it comes to design, the past still shapes the present. Come tour this lovingly renovated family home, then enjoy our sampling of heirloom furnishings of the future that you can buy today.

PLYMOUTH GRAND VOYAGER. TH

In redesigning the Plymouth Grand Voyager, we literally reinvented the wheel. And the seats they're pa

Our rear bench seats now glide on smooth, nylon wheels, making them a cinch to move. (We call ther

Easy Out Roller Seats.™ You'll call them a dream.) Two levers release a seat and raise it up on wheels

Our new roll models.



single move. Then just roll it back, lift it out and roll it away. You won't find this capability in any other

van, anywhere. But our seats don't sit down there. Depending on which seating package you choos

both rear and middle bench seatbacks now fold flat,* allowing you to carry a 4' x 8' sheet of plywood

the seats in and the liftgate closed. You won't find this capability on any other minivan, anywhere. (Begin

to see a pattern here?) Up front is another exclusive: cup holders that adjust to accommodate



everything from a four-ounce baby bottle to a full one-liter jug. They even hold juice boxes and coffe

mugs. And speaking of [illegible] it's hard not to when the subject is Plymouth Grand Voyage

IT SIMPL[illegible]S, ROLLS, FOLDS, P

*Excludes base models †Always wear your seat

The Southland Corporation.

EXT GENERATION OF THE MINIVAN.

ng to and from those seats is easier than ever, thanks to a



nd sliding door now available on the driver's side. It's only one of its kind available today. Simply put, the new d Voyager is better in every way. Outside, it's aerodynamically streamlined to cheat the wind. While e, volume has been increased, giving you 11 percent more passenger and 27 percent more cargo ce, more than in any other minivan. Visibility has been expanded, too, with a 32 percent larger



windshield. The turning circle was reduced by more than three feet. Under the hood, Grand Voyager's available 3.3 and 3.8 liter engines are generous with cargo-hauling and load-pulling torque. And with their platinum-tipped k plugs, they call for their first scheduled tune-up at 100,000 miles. And, of course, we've maintained position as safety role models with standard dual front air bags,† four-wheel ABS and available inte- d child safety seats. Plymouth Grand Voyager is literally a minivan full of firsts, bests and exclusives. the competition has to have somebody to look up to. For more information, see your Chrysler and Plymouth dealer, or just call 1-800-PLYMOUTH.

Plymouth



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Heritage Home



Sometimes families and houses seem destined for each other. Such is the case with Bill and Rosaleen Walsh and Elgin Plantation. While raising six children in Boston, New York, and Philadelphia, they quietly nurtured their dream of [illegible] owning a farm. Then, fate intervened in the form of a *New York Times* ad for an 1820s plantation house on 350 acres in historic Warren County, North Carolina. The next thing they knew, the Walshes were traveling down country roads toward the home of their dreams....

on page Z6

This Is The Quietest Dishwasher Made In America. Or Haven't You Heard?



Dishwasher

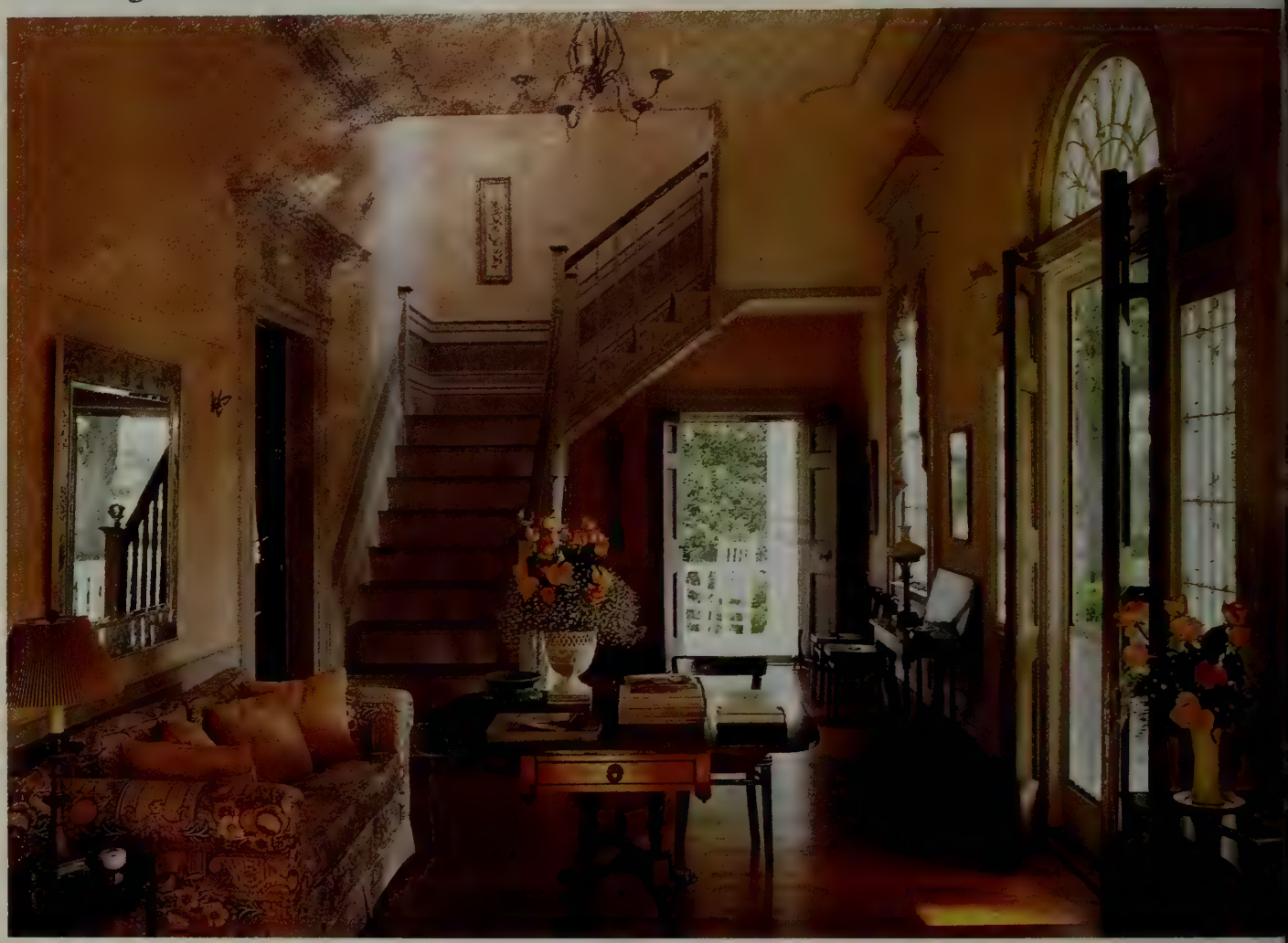
Of course you haven't, and you never will. That's because, through extensive consumer sound evaluations wash actions among leading manufacturers, the Ultimate Quiet Series Dishwasher from Jenn-Air was d unequivocally the quietest made in the U.S. In other words, it's really, really quiet.

Complete with UQ Series Insulation System and Quiet Liner Tub, the only thing you'll hear is the er is compliments. And since it's from Jenn-Air, the sleek design destines it a conversation piece. We're sure you'll hear the conversation. For a brochure showing the Jenn-Air line, call 1-800-JENN-AIR.

JENN-AIR

THE SIGN OF A GREAT COOK®.

Heritage House *continued from page Z4*



Completed in 1832 and regarded as one of the finest Federal-style plantations in North Carolina, Elgin Plantation was in remarkably good condition when the Walshes stepped inside it in 1989. The land beckoned Bill, a retired businessman, and Rosaleen, who says, "We wanted a farm to keep us busy." Once a new foundation put the stately home back on firm footing and bathrooms were added to the second floor, the Walshes could begin decorating. Committed to preserving the home's historical spirit, they also had no intentions of living in a museum. "I couldn't live with all that heavy red velvet," Rosaleen says of the hands-off schemes often found in historical homes. "Besides, I think it was probably very casual living to begin with here."

Relaxed with peach walls and a chintz sofa drawn up to an American Regency

continued on page Z8



nteenth century mahogany Bedroom, Dining Room, and
casional designs—most based on museum quality originals—
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Lexington, NC 27293

Heritage House *continued from page Z6*



drop-leaf table, the entrance hall provides a relaxing spot for visiting and reading. In that same spirit, low-key brunches, rather than formal dinners, suit the Walshes' style. Floor-length draperies—stately yet simple—and reproduction Queen Anne chairs create elegance without fussiness. Rosaleen relaxes the dining room with natural touches: A casual grouping of botanicals replaces the expected portrait, a gilt mirror reflects bits of a pastoral scene


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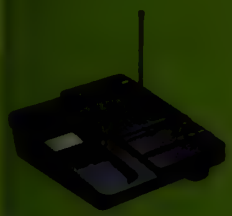


painted on the opposite wall, and a profusion of yellow roses gathers on an old-fashioned crocheted tablecloth. True to her own roots and to those of Elgin Plantation, Rosaleen makes gracious living an everyday occurrence. Born in Ireland, Rosaleen never got out of the habit of serving afternoon tea. So, promptly at 4 p.m. each day, work stops as trays of tiny sandwiches and cakes are passed and delicate china tea cups are balanced on knees. Her Gorham tea and coffee service, displayed on top of a century-old English oak silver chest, sees lots of use.

continued on page Z10

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Heritage House

continued from page Z9





Rosaleen deftly uses bold colors and friendly fabrics to freshen formal spaces. In the sunny living room, salmon chintz and plump pillows invite guests to sit back. Swags sewn from the same floral fabric mount inside the windows to frame the view without detracting from vintage moldings. In one corner (*above*), a circa-1860 English cupboard, found at a local auction, includes inlaid swag and urn details that perfectly suit Elgin's Federal-style interiors.

continued on page Z12

Casablanca; The Obvious Choice

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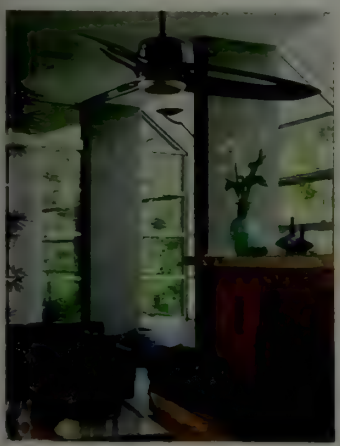


Delta Veranda



Malibu Star





Star/Starlet



Silhouette



Genesis



Lumina

Heritage House *continued from page Z10*



Until recently, guests at Elgin found few conveniences—something that the Walshes quickly corrected, adding second-floor bathrooms and closets without disrupting the home's architectural purity. In the guest room, a rocker with arms carved to look like swans snugs up to a welcoming chintz-covered pine bed and Shaker-style nightstand. Good books, fresh flowers, and a comfortable robe encourage guests to linger.

continued on page Z14

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Amana convection ovens also have a heating element and fan system that continually circulates air around food for fast, even cooking. So you can load up all your oven racks with muffins and each one will come out perfect.



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Making A Difference

Amana
Raytheon Appliances

Heritage House

continued from page Z12

Some of the Walshes' modern-day adaptations of space have yielded surprisingly charming bonuses. Trimmed to appear as if they might have been there all along, the master bedroom's new double closets create a cozy reading nook. Within it, the window seat accommodates yet another modern necessity: air-conditioning vents.



It's true. You can tell a lo
by going through the

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For the Walshes, moving to Elgin Plantation meant shutting down three households and combining three houses full of furniture into one. "I was bringing bits and pieces from everywhere," Rosaleen says, "and I was going to have to live with it all." Fortunately, her tastes lean toward time-honored antiques and reproductions that never go out of style. In the master bedroom, a replica woven-seat chair features a scene of Thomas Jefferson's Monticello, while classic petite floral print wallpaper adds homespun charm and one of Rosaleen's trademark bright

continued on page Z16





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Heritage House *continued from page Z15*



colors. Such painted pieces provide a refreshing counterpoint to dark woods and the Walshes' pedigreed antiques.

Similarly, in the entrance hall, heart-pine floors and hand-grained baseboards contrast with painted chairs in the Hitchcock tradition. Part of a department-store set purchased years ago and testimony to Rosaleen's good eye, the chairs depict winners of famous horse races throughout history. True to their Irish roots, the Walshes are serious horse people who know their way around a paddock. Daughter Fiona shows horses competitively, her ribbons decorating an armoire in the den. In addition, Rosaleen helps to organize the annual benefit horse show at Duke University.

continued on page Z18

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Hoechst

Heritage House *continued from page Z16*



The Walshes believe that fine antiques, like their vintage home itself, are little more than stodgy museum pieces unless they are used frequently. This 1820s cherry and bird's-eye chest-on-chest, purchased at an auction in the neighborhood, stores family linen, including some treasured Irish pieces given to Rosaleen by her mother. The silver baby cups bear the initials of Rosaleen and Bill's six children.

...inued on page Z20



Contadina. Why ravioli were meant to be eaten one at a time.



No matter which variety of Contadina ravioli you choose, you'll discover a taste of pure bliss that begs to be savored slowly. Whether it's our new Gorgonzola Cheese & Walnut, Chicken & Rosemary, Beef & Garlic, Light Garden Vegetable or classic Cheese ravioli, each is prepared from an original recipe created by the chefs at Casa Buitoni, the Contadina culinary arts center in Tuscany, Italy. And, like all our refrigerated pastas, Contadina ravioli are always freshly made for a tenderhearted taste that's hard to resist.

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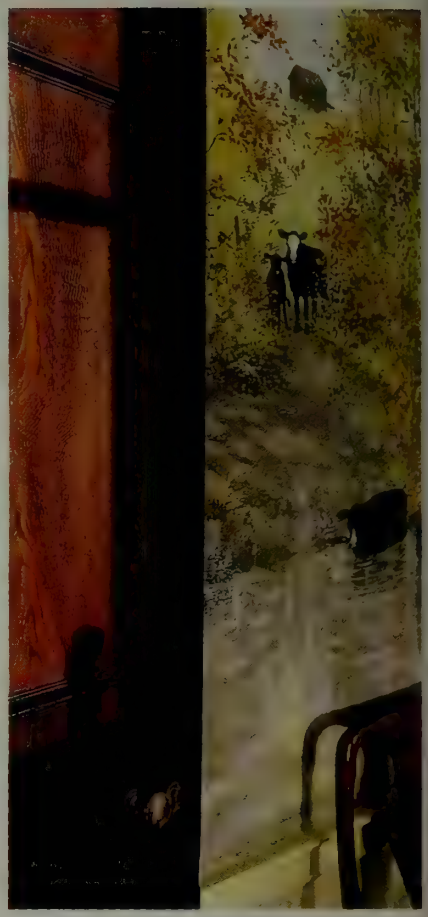
Contadina. The freshest ideas in Italian cooking.™

Heritage House

continued from page Z18

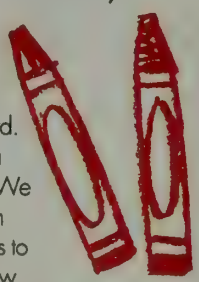
Original and modern-day artistry combine to warm the Walshes' home. The fine craftsmanship of the original carpenters still frames the plantation's verdant views today. At right, 168-year-old hand-grained doors lead into the dining room, where a contemporary mural brings the trompe l'oeil tradition into the present.





KIDS! HELP KIDS!

Enter The Fourth Annual UNICEF "Kids Help Kids" Greeting Card Contest. Win A Trip For Three To New York City!



Round up your little artists and help the U.S. Committee for UNICEF help children everywhere. Here's how:

- Drop by any Pier 1 Imports® store beginning September 1 and pick up a free UNICEF Contest Greeting Card.
- On the blank front, kids 13 and under should draw a picture that depicts this year's theme, "We are different. We are the same." Show us that even though kids come from different countries, they all need the same things – access to health care, clean water, education – to survive and grow.
- Entries will be judged based on creativity and quality of expression. All entries will be judged by representatives of Pier 1 Imports®, Better Homes and Gardens®, and the U.S. Committee for UNICEF.
- One winner will be selected in two age groups: 8 to 13, and 7 and under. These winners, along with two family members each, will win a trip to New York City and the United Nations. The two winning cards will be printed by the U.S. Committee for UNICEF and sold exclusively at Pier 1 Imports® stores during the 1996 holiday season.
- All entrants' cards will be displayed and made available for sale at a U.S. Committee for UNICEF Benefit held at the United Nations. Proceeds from the sale of your child's one-of-a-kind card will go directly to the U.S. Committee for UNICEF. All unsold cards will be distributed and displayed by select U.S. Committee for UNICEF offices.
- Entries must be postmarked by October 23, 1995
- For the Pier 1 store nearest you call 1-800-447-43

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United Nations Office

Sponsored by the U.S. Committee for UNICEF, Better Homes and Gardens® and Pier 1 Imports®, the largest retailer of UNICEF Holiday Greeting Cards worldwide.

OFFICIAL CONTEST RULES–NO PURCHASE NECESSARY

1. All children ages 13 and under who are U.S. residents are eligible to participate, with the exception of children of employees of the United Nations, UNICEF, the U.S. Committee for UNICEF, Pier 1 Imports® and Meredith Corporation
2. Beginning September 1, 1995, official entry kits can be obtained free, no purchase necessary, by visiting any Pier 1 Imports® location in the United States. For the location of your nearest Pier 1, call 1-800-447-4371.
3. Pencil, pen, crayon, color markers and paints are permitted. Computer or other machine-generated artwork will not be accepted. Artwork must be original, not previously published and not copied. Entries will be judged on creativity and quality of expression, depicting this year's theme "We are different. We are the same."
4. Only one entry per child.
5. Affix first-class postage on the supplied envelope and send the Official Entry Kit to "Kids Help Kids," Pier 1 Imports®, P.O. Box 961020, Fort Worth, TX 76161. Entries returned directly to Pier 1 Imports® stores will not be accepted.
6. All entries must be postmarked by October 23, 1995. Winners will be selected and notified by November 4, 1995. For a list of prize winners, send a separate, self-addressed, stamped envelope to UNICEF Contest Winners List, BH&G® Marketing Services Dept., 750 Third Ave., New York, New York 10017 before December 31, 1995.
7. Two grand prizes will be awarded, one each in age groups 7 and under and 8 through 13. Each grand prize consists of round-trip coach airline tickets from the continental U.S. airport nearest to the winner's residence to New York City and one hotel room for three nights for each winner and two adult family members, plus each winner will receive $500 expense money. Trip must be taken to coincide with the U.S. Committee for UNICEF Benefit and Award Reception to be held on November 30, 1995. Winner's parents or legal guardian will be required to sign an affidavit of eligibility acknowledging compliance with these rules and an assignment of copyright. A release must be signed by the winner's parent or guardian and travel companions. Receipt of these signed documents is a condition of delivery of the prize to the winner.
8. Upon entry all cards, artwork and related rights of copyright become the property of the U.S. Committee for UNICEF and Pier 1 Imports (U.S.), Inc. All individual entries will be offered for sale at the U.S. Committee for UNICEF Benefit at the United Nations on November 30, 1995. All sales proceeds will be contributed to UNICEF-assisted projects for children.
9. All unsold cards will be distributed and displayed by select U.S. Committee for UNICEF offices.
10. The winning cards will be printed and sold by the U.S. Committee for UNICEF and are subject to interpretation and modification. Pier 1 Imports® will have the exclusive right to reproduce and sell the winning cards through its stores during the 1996 holiday season and also the right to use reproductions of the winning cards as Pier 1 Import's® official corporate greeting cards for the 1995 holiday season. The proceeds from all such sales will be contributed to the U.S. Committee for UNICEF
11. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes, if any, are the responsibility of winners. Approximate value of each Grand Prize is $3,100. Prizes are nontransferable. No prize substitutions or redemptions All prizes will be awarded. The odds of winning depend on the number of eligible entries received. The decision of the judges shall be final
12. Entry constitutes agreement with all of the foregoing rules and terms and also constitutes permission to use winners' names, likenesses, contest card entries, artwork and winner's hometown for promotional purposes except where prohibited by law.
13. Entry constitutes agreement to hold the U.S. Committee for UNICEF, Pier 1 Imports (U.S.), Inc. and Better Homes and Gardens® harmless from and against any and all damages, liability, losses, and expenses arising out of this contest or acceptance or use of the prizes



ITH ITS RICH EXECUTED DESIGN AND GRACEFUL PRESENCE, Pier 1's Lafayette Desk and Chair remind you that the world wasn't always in a hurry. Suddenly, writing a letter, perusing a book, or lingering over a cup of hot tea is essential again. For home furnishings with a past and a present. Pier 1.

Pier 1 imports®
for a change

Lafayette Collection: Lafayette Desk, $275. Chair, $125. Natural Chair Pad sold separately.
For the store location nearest you, call 1-800-447-4371.



PHOTOGRAPHS: KING AU, BILL HOPKINS, PETER KRUMHARDT. TEXT: CANDACE ORD MANROE, DENISE L. CARINGER

Heritage Pieces

Drawing on the past, some new furnishings are destined to become heirlooms of the future.

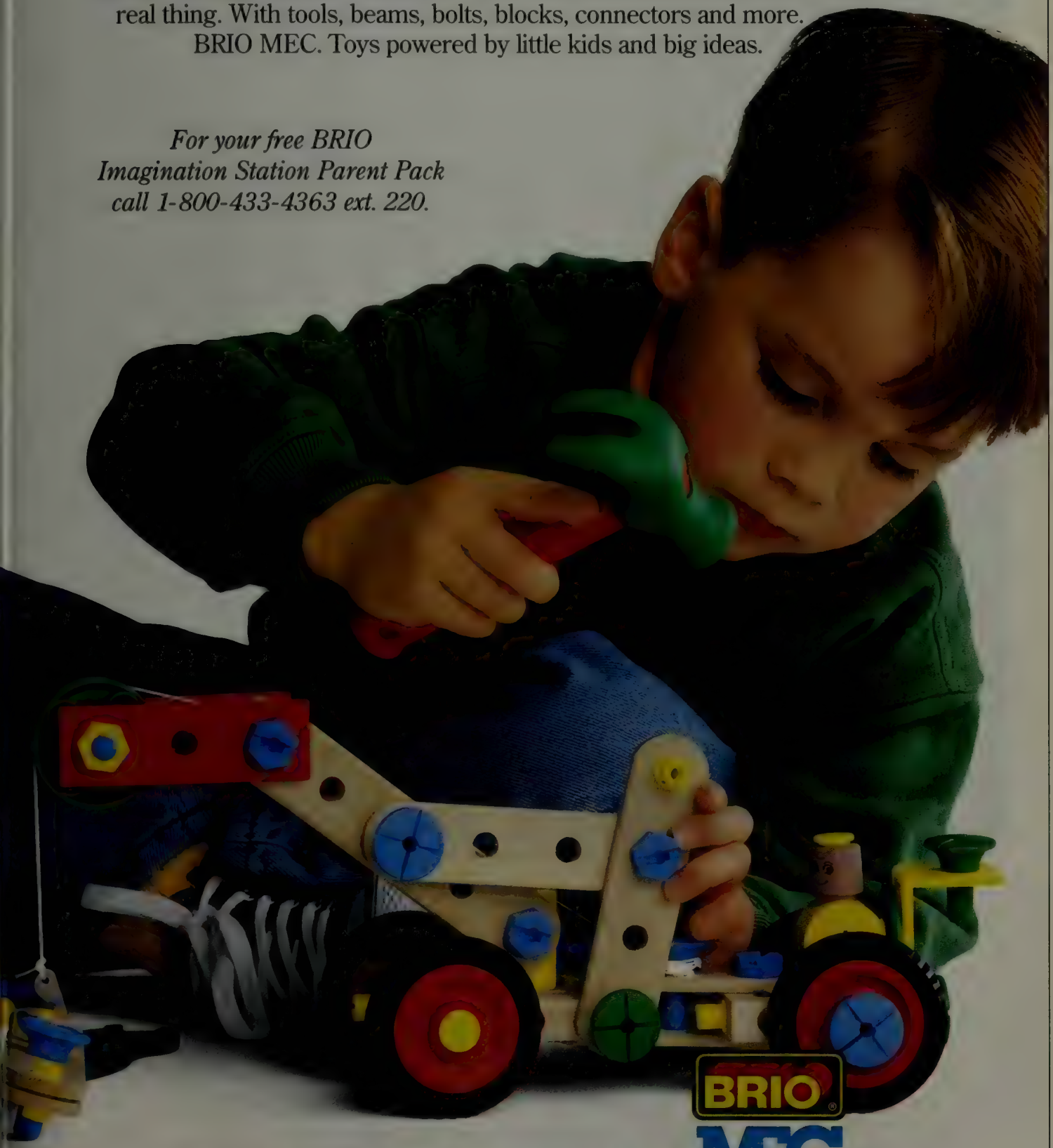
Architectural presence virtually guarantees that a furniture piece will always find a place in your heart and home. Constructed in board-and-batten style, this imposing bed from The Lane Company's Hudson River Views collection conjures up images of simpler, more rural days. Its antiqued white finish suggests the lime-based whitewashes used to freshen American's early cottage dwellings, while the steep pitch and fretwork detailing of the gabled headboard bear a nostalgic accent reminiscent of a coveted fairy-tale cottage in the woods.

continued on page Z24

Runs for days on creativity alone.

A tap here. A turn there. A quick tightening or two. Like magic, your child has created a new toy. With nothing except wide-eyed wonder and the power of imagination. It's BRIO® MEC. Construction toys that work just like the real thing. With tools, beams, bolts, blocks, connectors and more. BRIO MEC. Toys powered by little kids and big ideas.

For your free BRIO Imagination Station Parent Pack call 1-800-433-4363 ext. 220.



It's a new toy every day.™

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continued from page Z22



True to the no-nonsense spirit of the original Mission pieces, today's reproductions from L. & L.G. Stickley blend purity of form with fine workmanship.

Prairie Harvest Unspoiled prairie grasses waving golden in the midday sun still stir in thought, if not in fact. The towering presence of the plains, which inspired artisans and architects at the turn of the century, echoes anew in the vertical, linear slats of chair backs and in the earthy colors of rich, hand-rubbed cherry-wood. Even the notion of the "endless prairie," as Laura Ingalls Wilder described it, repeats in the horizon-stretching expanse of the straightforward harvest dining table.

continued on page Z28

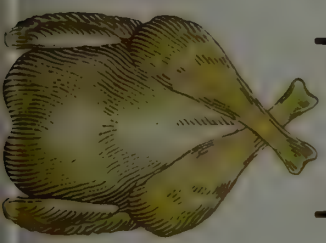
"He Can Sit,



Roll Over, Beg, Play Dead and Even Sing.



But He Couldn't Read



An Ingredient Label



If His Life Depended On It."



—Robert Urich

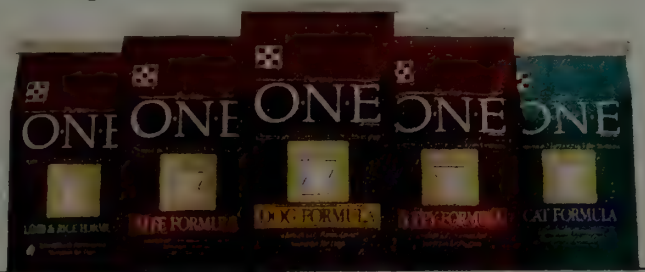
Do your dog a favor and read a few dog food labels. What you'll find out is that they're not all the same.

Most dry dog foods have corn as their first ingredient. But Purina O·N·E Dog Formula starts with chicken, a more concentrated source of high-quality protein, and then adds other wholesome ingredients like corn and wheat.

You'll also find out that Purina O·N·E has no added artificial colors or flavors. And it's more digestible than most other dry dog foods.

And you'll find out that Purina O·N·E makes other quality formulas for dogs and cats of all life stages.

So don't play tricks on your dog. Get him Purina O·N·E brand Dog Formula. No dog food is better. For your free sample of Purina O·N·E, simply call 1-800-787-0078, ext. 440.



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PURINA O·N·E® SECOND TO NONE

Together again, for the very first time.



If you take Premarin®
(conjugated estrogens tablets, USP)
plus a progestin, there's important information you should know about.
Introducing Prempro™.

Many women who experience menopause take two hormones: Premarin and a progestin. Now, for the first time, these two hormones are available in one convenient package, requiring just one prescription from your doctor or health care provider. It's called Prempro.

IT JUST MAKES SENSE.

Because millions of women who have not had a hysterectomy take both medications for relief of their menopausal symptoms, why not have both tablets together, in a single package marked with the days of the week? That's the thinking behind new Prempro. A simpler, more convenient way to take the medications millions of women already take. A concept more in keeping with today's intensely busy lifestyles. A concept which may, depending on your pharmacy, even save you money because with Prempro you fill only one prescription instead of two. And, for women on a prescription plan, there's only one copayment instead of two.

While women taking Prempro can experience menstrual-like bleeding, research has shown that many women who stay on Prempro stop bleeding within 1 year of use. Your doctor or health care provider can tell you more about the bleeding patterns you might expect with this type of medication.

When taking Prempro for menopause or osteoporosis, you may experience increases in high-density lipoproteins (HDLs), commonly known as "good" cholesterol. However, this effect is less than Premarin alone. Prempro also decreases low-density lipoproteins (LDLs), known as "bad" cholesterol, comparably to Premarin.

THE ESTROGEN IN PREMPRO IS PREMARIN.

Premarin, a complex blend of estrogens, is the estrogen that's been prescribed for more than 50 years. Today, more than 8,000,000 American women take Premarin. Wyeth-Ayerst goes to great lengths to ensure the quality of Premarin. Of the 30 billion tablets sold, not one has been recalled. Ever.

The same standards of quality also apply to the production of Cycrin® (medroxyprogesterone acetate tablets, USP), the progestin in Prempro.

UNDERSTANDING THE CONNECTION BETWEEN MENOPAUSE AND OSTEOPOROSIS.

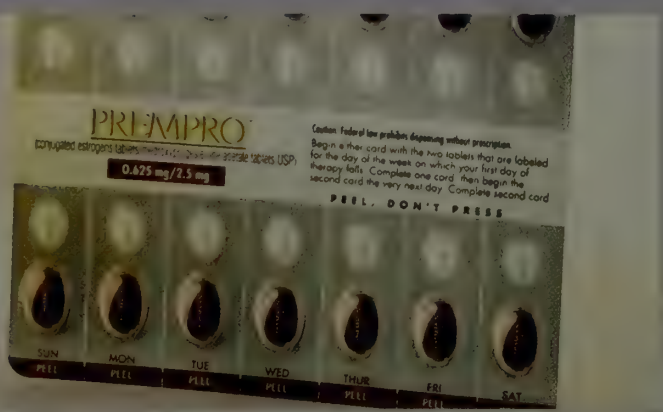
While most women who take hormone replacement therapy take it for relief of menopausal symptoms such as night sweats, hot flashes, and vaginal dryness, more and more are continuing to take it beyond menopause to help prevent the brittle bone disease known as osteoporosis...a disease that affects one out of every four women over 50.

Premarin, the estrogen in Prempro, was *the first estrogen proven to help prevent osteoporosis*...a disease that usually begins after menopause, when a woman's body produces very little estrogen. Without estrogen, bones can become fragile, more likely to break. In fact, half the bone mass a woman will lose in her lifetime, she'll lose in the first 3 to 6 years after menopause begins. Ask your doctor or health care provider if you are at risk for osteoporosis and whether new Prempro, along with a treatment program including calcium, diet, and exercise, is right for you.

SIDE EFFECTS OF HORMONES SHOULD BE CONSIDERED.

If you have not had a hysterectomy, estrogen alone can increase the risk of cancer of the uterus. The addition of progestin, however, may reduce this risk. That is why many doctors and health care providers now prescribe progestin in conjunction with estrogen for their patients. Progestins may have unfavorable effects on blood sugars which might make a diabetic condition worse. The most common side effects are breast tenderness, headache, and abdominal pain.

When you discuss hormone replacement therapy with your doctor or health care provider, it's important to inform him or her about all issues relating to your personal and family health history of breast cancer, breast lumps, abnormal vaginal bleeding, abnormal blood clotting, severe headache, dizziness, or liver disease. Women who are pregnant should not take hormone replacement therapy.



CAN PREMPRO MAKE A DIFFERENCE IN YOUR LIFE?

If you value convenience, new Prempro *can* make a difference for you. It can make a difference because it provides you with the two medications you have been prescribed in one daily reminder pack.

Prempro is the first and only combination of estrogen tablets *and* progestin tablets available in a single package, requiring a single prescription.

It's simply more convenient...and may even save you money.

ASK YOUR HEALTH CARE PROVIDER TODAY ABOUT NEW...

PREMPRO™

(conjugated estrogens tablets/medroxyprogesterone acetate tablets, USP)

The appearance of Premarin tablets is a trademark of Wyeth-Ayerst Laboratories.
The appearance of Cycrin tablets is a registered trademark of Wyeth-Ayerst Laboratories.

PLEASE BE SURE TO READ THE IMPORTANT INFORMATION ON THE FOLLOWING PAGE.

PREMPRO™/PREMPHASE™/PREMARIN®/CYCRIN® BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT.
PREMPRO™ Brand of conjugated estrogens tablets, USP and medroxyprogesterone acetate tablets, USP
This summary describes when and how to use estrogen/progestin drugs and the benefits and risks of treatment

ESTROGENS INCREASE THE RISK OF CANCER OF THE UTERUS IN WOMEN WHO HAVE HAD THEIR MENOPAUSE ("CHANGE OF LIFE"). *THIS FINDING REFERS TO ESTROGENS GIVEN WITHOUT PROGESTIN.*
Progestin drugs taken with estrogen-containing drugs significantly reduce but do not eliminate this risk. If you use any estrogen-containing drug, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

ESTROGENS/PROGESTINS SHOULD NOT BE USED DURING PREGNANCY.
Estrogens do not prevent miscarriage (spontaneous abortion) and are not needed in the days following childbirth. If you take estrogens during pregnancy your unborn child has a greater than usual chance of having birth defects. These birth defects may affect the baby's urinary system and sex organs.

ESTROGEN/PROGESTIN DRUGS
PREMPRO is a combination of two hormone tablets, an estrogen and a progestin. This hormone combination has been shown to provide the benefits of estrogen replacement therapy while lowering the frequency of a possible precancerous condition of the uterine lining. This therapy is not intended for women who have had a hysterectomy (surgical removal of the uterus).

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable when weighed against their benefits. Check with your doctor to make sure you are using the lowest possible effective dose.

With PREMPRO therapy several menstrual-like bleeding patterns may occur. These may range from absence of bleeding to irregular bleeding. If bleeding occurs, it is frequently light spotting or moderate menstrual-like bleeding, but it may be heavy. Please discuss your bleeding pattern and appropriate follow-up with your physician.

USES OF ESTROGEN
To reduce menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. The decrease in the amount of estrogen that occurs in all women, usually between the ages of 45 and 55, causes the menopause. Sometimes the ovaries are removed during an operation causing "surgical menopause." When the amount of estrogen begins to decrease, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. Some women have none or only mild menopausal symptoms; in others, symptoms can be severe. These symptoms may last only a few months or longer. Taking PREMPRO can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO only as long as you need it for relief from your menopausal symptoms.

To prevent brittle bones. After age 40, and especially after menopause, some women develop osteoporosis. This is a thinning of the bones that makes them weaker and more likely to break, often leading to fractures of spine, hip, and wrist bones. Taking estrogens after the menopause slows down bone loss and may prevent bones from breaking. Eating foods that are high in calcium (such as dairy products) or taking calcium supplements (1000 to 1500 milligrams per day) and certain types of exercise may also help prevent osteoporosis. Since estrogen use is associated with some risks, its use in the prevention of osteoporosis should be limited to women who appear susceptible to this condition. The following characteristics are often present in women who are likely to develop osteoporosis: white race, thinness, cigarette smoking, family history and early menopause.

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHEN ESTROGENS SHOULD NOT BE USED
During pregnancy (see Boxed Warning). If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor (see Boxed Warning). Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breastfeeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

If you are breastfeeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS
Cancer of the uterus. The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure.

The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy while reducing the risk of a precancerous condition of the uterine lining.

Additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include unfavorable effects on blood fats and sugars. Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. How some studies have reported that breast cancer developed more often (up to twice the usual rate) in women who used estrogens for periods of time (especially more than 10 years), or who used high doses for shorter time periods. The effects of added progestin o risk of breast cancer are unknown. Some studies have reported a somewhat increased risk, even higher than the possible risk assoc with estrogens alone. Others have not. Regular breast examinations by a health professional and monthly self-examination are re mended for all women.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder disease needing surgery women who do not use estrogens.

Abnormal blood clotting. Taking estrogens may increase the risk of blood clots. These clots can cause a stroke, a heart attack pulmonary embolus, any of which may cause death or serious long-term disability.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast and/or bone cancer.

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug during the first four month pregnancy. Several reports suggest an association between mothers who take these drugs in the first trimester of pregnancy and ge abnormalities in male and female babies. The risk to the male baby is the possibility of being born with a condition in which the ope of the penis is on the underside rather than the tip of the penis (hypospadias). Hypospadias occurs in about 5 to 8 per 1,000 male b and is about doubled with exposure to these drugs. There is not enough information to quantify the risk to exposed female fet However, enlargement of the clitoris and fusion of the labia may occur, although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female fetus, as well as hypo dias in the male fetus, it is wise to avoid using the drug during the first trimester of pregnancy. These drugs have been used as a te pregnancy, but such use is no longer considered safe because of possible damage to a developing baby. Also, more rapid method testing for pregnancy are now available. If you take PREMPRO and later find you were pregnant when you took it, be sure to discuss with your doctor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS
In addition to the risks listed above, the following side effects have been reported with estrogen and/or progestin use:
- Nausea, vomiting; pain, cramps, swelling, or tenderness in the abdomen.
- Yellowing of the skin and/or whites of the eyes.
- Breast tenderness or enlargement.
- Enlargement of benign tumors of the uterus.
- Irregular bleeding or spotting.
- Change in amount of cervical secretion.
- Vaginal yeast infections.
- Retention of excess fluid. This may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney dise
- A spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes.
- Worsening of porphyria.
- Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses).
- Mental depression.
- Involuntary muscle spasms.
- Hair loss or abnormal hairiness.
- Increase or decrease in weight.
- Changes in sex drive.
- Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN USE
If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully monitoring your treatment.

See your doctor regularly. While you are taking PREMPRO, it is important to visit your doctor at least once a year for a checkup develop vaginal bleeding while taking estrogens, you may need further evaluation. If members of your family have had breast cancer you have ever had breast lumps or an abnormal mammogram (breast x-ray), you may need to have more frequent breast examinations

Reassess your need for treatment. You and your doctor should reevaluate your need for estrogens at least every six months.

Be alert for signs of trouble. Report these or any other unusual symptoms to your doctor immediately:
- Abnormal bleeding from the vagina.
- Pains in the calves or chest, a sudden shortness of breath or coughing blood.
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbness of arm or leg.
- Breast lumps.
- Yellowing of the skin and/or whites of the eyes.
- Pain, swelling, or tenderness in the abdomen.

OTHER INFORMATION
Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer of the lining of the uterus. progestins, another hormonal drug, with estrogens lowers the risk of developing this condition.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood sugar, which might make betic condition worse.

Some research has shown that estrogens taken *without* progestins may protect women against developing heart disease. Ho this is not certain. The protection shown may have been caused by the characteristics of the estrogen-treated women and not t estrogen treatment itself. In general, treated women were slimmer, more physically active, and were less likely to have diabetes tha untreated women. These characteristics are known to protect against heart disease.

It is important to discuss, in detail, with your doctor or health care provider all the possible risks and benef long-term estrogen and progestin treatment as they affect you personally.

This Summary provides the most important information about PREMPRO. If you want to read more, ask your doctor or pharma let you read the professional labeling.

This Brief Summary for Direct-to-Consumer Advertising is based on the current PREMPRO Tablets insert (PI 4285-2) issued Feb 10, 1995 with the incorporation, in lay language, of pertinent text from the Physician Insert, (CI 4283-2) issued February 10, 1995.

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WAPR-0409

World Leadership in Women's Health Care®

WYETH-AYERST LABORATORIES
Philadelphia, PA 19101

Better by Design

continued from page Z24

Secret Places

Permission to prowl rates among childhood's favorite recollections. Sifting through Grandmother's old letters and photographs entertained for hours, each drawer luring with fresh magic on every visit. This practical yet intriguing sofa, with its unexpected lower draw[illegible] best of childhood past—and for today [illegible] offers an opportunity to explore and store [illegible] anew.



As its name reveals, the "Collector's Couch" from Lineage houses keepsakes in two under-seat drawers. A distressed mahogany finish softens the inherent [illegible]nality of 18th-century-style rolled arms and lion's-head hardware.



Mark Twain's river travels inspired Hood's "River Memories" movable, stacking chests.

Like the flow of the mighty Mississippi, change is inevitable, so why not plan for the future with flexible furnishings? These solid cherry stacking chests can stand tall one day, then split up to flank a bed the next.



Drexel Heritage's "Royal Country Retreats" chest brings a touch of antiquity to any room.

Good design and craftsmanship create pieces that are meant to be used. If Queen Elizabeth II can have corgis romping across the fine Orientals, you can relax with this fine but friendly comb-painted chest adapted from designs found in some of Britain's most palatial country estates.

continued on page Z30



Bitty Baby and her cuddly friend, Bitty Bear.

Pleasant company for American girls.

Introducing the Bitty Baby Collection™. An adorable baby doll with an itty-bitty bear, eleven little books, and tiny toys to share. The kind of pleasant company even the youngest American girls want, need, and love.

Available exclusively from Pleasant Company.

For a FREE catalogue of books, dolls, dresses, and other delights for girls 3 and up, call 1-800-845-0005.

Or write: Pleasant Company Dept. 82933, Middleton, WI 53562-0497

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PLEASANT COMPANY

Elegant Homes
Away From Home

A look at *Elegant Homes* for sale across the U.S., Canada and Puerto Rico.

The diversity of architectural design in this showcase of properties represents but a sampling of the superb residential homes available through the members of Better Homes and Gardens® Real Estate Service.

For your *Free* copy, call toll free 800-353-0441 ext. 19!



Better Homes and Gardens® Real Estate Service

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continued from page Z29



A beatitude as much as a bed, Pennsylvania House's Hallmark Cherry bed inspires sweet dreams free of high-tech troubles. Classically designed in solid cherry, it features high panels with graceful, restrained carving. Pineapples, the traditional symbol of hospitality, crown each finial.

Colonial Grace

Serenity that once spread like a soothing hand across unspoiled lands isn't forever lost in the past. The feeling is retrieved in this cherry bed through styling that dates to the country's founding days—thankfully, with none of that time's fighting spirit. The bed speaks of the peace and grace that typified our historic country homes, where hospitality was only a mint julep or a cool glass of water away.

continued on page Z32



For information on where to find Waverly Fabrics, Wallcoverings and Home Fashions, call 1-800-423-5881, Dept. 71. F. Schumacher & Co. © 1995.

continued from page Z30



True to the spirit of the original, discovered in archaeological digs in Grenoble, Milling Road's artful chest is pure in form with symmetrical marquetry.

Ancient Echoes Sometimes it's hard to improve on the past. That's what 18th-century Europeans realized when excavations of Pompeii revealed the simple elegance of Greco-Roman furnishings. The discovery spawned re-creations of ancient designs, including the piece from which this new marquetry chest is adapted. The oak itself provides the pattern—a mathematically related progression of chevron, double chevron, and alternating striped motifs. *continued on page Z34*

Your back will tell you that Sister Anne Marie was right.



Poor posture is every bit as unhealthy as Sister Anne Marie always said it was. As a matter of fact, it could even be causing your back pain.

Fortunately, a physical therapist can help with evaluation and treatment.

Today licensed physical therapists provide hands-on help for every part of the body to everyone from infants to the elderly. They give care and counseling on rehabilitation, exercise, and the prevention of injury and disease. And you'll find them advising on proper posture and body motion in the workplace, treating injuries, consulting on fitness, and administering physical therapy in the home.

For more information and a brochure on back pain, call 1-800-955-7848.

Put your health in the hands of a Physical Therapist.

Name _____

Address _____

City _____ State _____ Zip _____

For more information send to:
American Physical Therapy Association
P.O Box 37257 Washington, D.C. 20013 J5

Better by Design

continued from page Z32

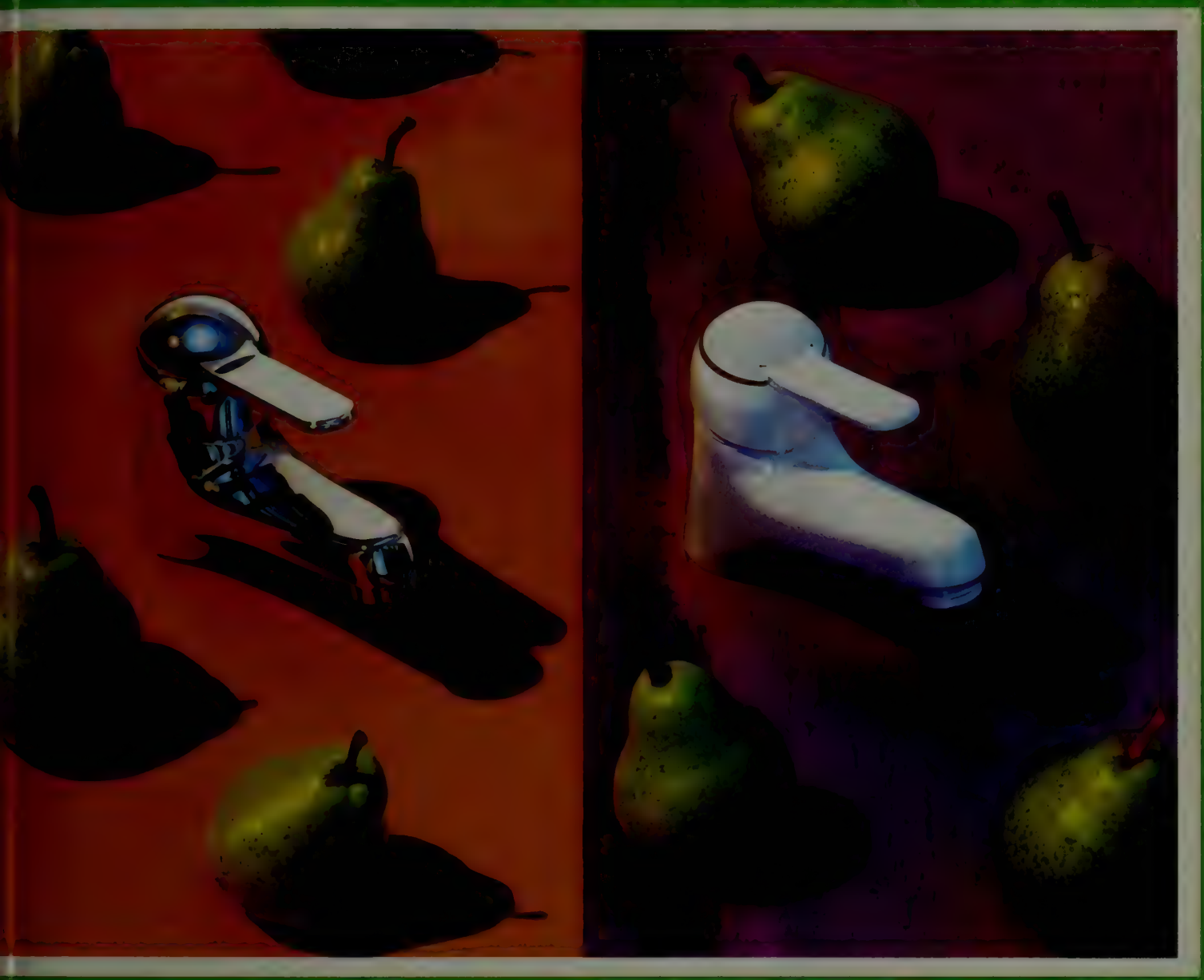


It's no coincidence that the deep green finish on this Thomasville chest is called "cypress." The design is rooted to the earth and to a time when building was by hand using only natural materials. The clean lines and fruitwood-finish on the black cherry top also nod to more recent Danish modern styling.

Ties that Bind Rarely is furniture "pure"—a single style unique to one period and place. More often, it mixes influences that stitch one era to another. At first glance, this lingerie chest summons the utterly simple lines of Shaker furniture from the 1800's. But a second look fast-forwards into the 20th century to the similarly sleek designs of Danish modern. Evoking two periods, the chest not only stores clothing, but manifests a bit of history itself.

continued on page Z36

ee It. #26 in a series
McArthur
a Pair"
Saturated Photography



THE BOLD LOOK OF KOHLER®

On the left, the clean, pure lines of our new single control Paladar™ faucet. On the right, the clean, pure ines of our...well, you get the point. Namely that something special deserves a second look. In fact, why ot buy two? They're very affordable. See the Yellow Pages for a Kohler® Registered Showroom. For roduct literature send $8 to Kohler Co., Dept. FBX, Kohler, WI 53044 or call 1-800-4-KOHLER, ext. FBX.

1994 by Kohler Co

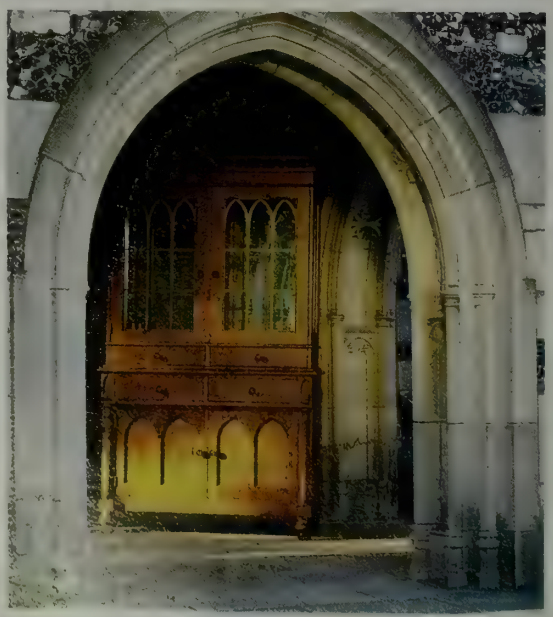


Better by Design

continued from page Z34

Gothic Romance

It may be hard to believe, but there was a time when golden arches most often appeared in the form of glowing woods painstakingly crafted into furniture of lofty grace. Recalling the Gothic romance of centuries-old cathedrals, this china cabinet mimics the architectural vaulting and soaring glass that lifted medieval imaginations to newfound heights.



Reflecting the resurgence of Gothic design in the 19th century, this china by National/Mt. Airy is an adaptation of a piece from Indiana's Conner Prairie living history museum.

continued on page Z38

SHOPPING

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

HERITAGE PIECES
Page Z22: gable bed, No. 371-25, from the Hudson River Views Collection—The Lane Co. Inc., P.O. Box151, Altavista, VA 24517.

PRAIRIE HARVEST
Page Z24: flip-top harvest table, No. 89-1721, (No. 35 Fayetteville Finish); **spindle arm chairs,** No. 89-376, (No. 35 Fayetteville Finish); **spindle side chairs,** No. 89-384, (No. 35 Fayetteville Finish)—Stickley, P.O. Box 480, Manlius, NY 13104; for a dealer near you please call 315/682-5500.

SECRET PLACES
Pages Z28–Z29: collector's couch, No. 905-9110-23—Lineage, 800/440-4663. (***Top***)**: solid cherry navigator's stacking chests and bun foot pack,** (Gateway Cherry finish shown, Whitewash finish available) from the Mark Twain's River Memories Collection—Hood, 2605 Livingston Rd., Jackson, MS 39213; for a dealer for you please call 601/981-1551. (***Bottom***)**: chest of drawers,** No. 160-667, from the Royal Country Retreats Collection—Drexel Heritage Furnishings, Inc., Drexel, NC 28619; for a dealer near you please call 800/916-1986.

COLONIAL GRACE
Page Z30: solid cherry high panel bed with pineapple motif finials, from the Hallmark Cherry Collection—Pennsylvania House, for a dealer near you please call 800/577-8009.

ANCIENT ECHOES
Page Z32: French oak chest, No. 16-010-6—Milling Rd., a Division of Baker Furniture, 329 N. Hamilton St., High Point, NC; 910/885-1800.

TIES THAT BIND
Page Z34: lingerie chest, (Cypress Green), from the Bridges Collection—Thomasville; for a dealer near you please call 800/225-0265.

GOTHIC ROMANCE
Page Z36: china hutch, No. 4069-323; **base,** No. 4069-343—National/Mt. Airy, a Div. of Bassett Ind.; for a representative near you please call 540/629-6000.

PASTORAL PLEASURE
Page Z38: server/sideboard, No. 300-862, from Triumph Collection—Lexington Furniture, P.O. Box 1008, Lexington, NC 27292; for a dealer near you please call 800/539-4636.

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continued from page Z36



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Pastoral Pleasure There are places where, even today, doors remain unlocked and sheep may safely graze. Adapted from an Irish antique, this server suggests the serenity of vine-covered cottages overlooking emerald fields. In the tradition of country craftsmen who blended elements from several sources, the server marries three 19th-century influences—Victorian, Biedermeier, and French Empire—into one gentle lesson on value. Rooted in the past, this and other heritage pieces warm our homes today and give future generations something to cherish.



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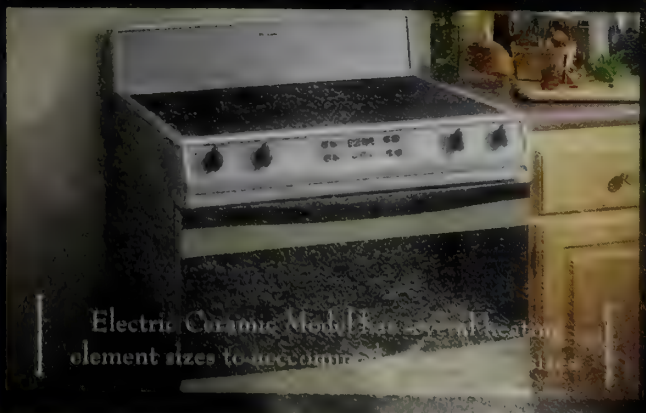
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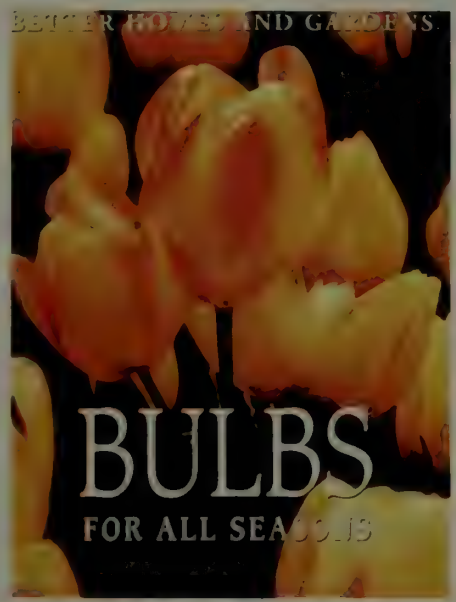
Plants bulbs now and enjoy multitudes of bright and colorful flowers in the spring!

These exclusive bulb collections were created especially for the readers of *Better Homes and Gardens*® magazine by K. Van Bourgondien and Sons in the U.S. and by McFayden Seed Company, Ltd., in Canada. When in bloom, the gardens will resemble those shown in the "Bulb Weddings" feature on *pages 105 to 113. Orders will be shipped at the proper time for planting in your area of the country (from approx. September 15 to December 15, 1995, in the U.S. and from approx. September 15 to September 30, 1995, in Canada).*

Muscari Collection ($19.95) This 50-bulb collection includes 25 Muscari alba (white) and 25 Muscari armeniacum (dark blue-purple).

Tulip and Daffodil Collection ($29.95) This collection contains 41 bulbs including 5 Angelique tulip (pink), 3 Golden Ducat daffodil (double yellow), 5 Orange Emperor tulip (orange), 3 Royal Orange narcissus (orange cup, pale yellow petals), 5 Lawrence of Arabia tulip (red), 12 Anemone blanda (mixed), 5 Irma La Doute tulip (red and white), and 3 Fortissimo daffodil (yellow).

Complete Bulb Collection ($39.95) This collection contains 47 bulbs including 3 Ice Follies daffodil (white), 3 White Pearl hyacinth (white), 3 Amethyst hyacinth (light purple), 5 Renown tulip (reddish-pink), 5 Negrita tulip (purple), 5 Cape Cod tulip (orange), 3 Anna Marie hyacinth (pink), 12 Muscari Blue hyacinth (dark blue-purple), 3 Pink Perfection hyacinth (pink), and 5 Grand Style tulip (red and yellow).



Bulbs For All Seasons ($29.95) This *Better Homes and Gardens* book showcases hundreds of bulbs including both well-known and exotic varieties. Featuring actual bulb garden plans and over 200 color photos or illustrations, this 208-page hardcover book mixes inspiration, ideas, and practical how-to. You'll also find information on bulb history, coloration, bloom times, planting, feeding, care, pest control and regional growing tips.

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Please Note: Order early as quantities of some collections are limited. All prices, *left and above,* include shipping, handling, and sales tax, if applicable. (Canadian residents please pay in U.S. funds.) To order with your Mastercard, Visa, or American Express card, call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066. To order by mail, make a list of the product(s) you wish to order and send your list along with a check or money order for the full amount to *Better Homes and Gardens* Reader Shopping Service, Dept. 9510, Box 9128, Des Moines, IA 50306-9128. We regret we are unable to ship these bulb collections to Alaska, Hawaii, or Puerto Rico.



Wish-Bone Southwestern Pork Chop Marinade

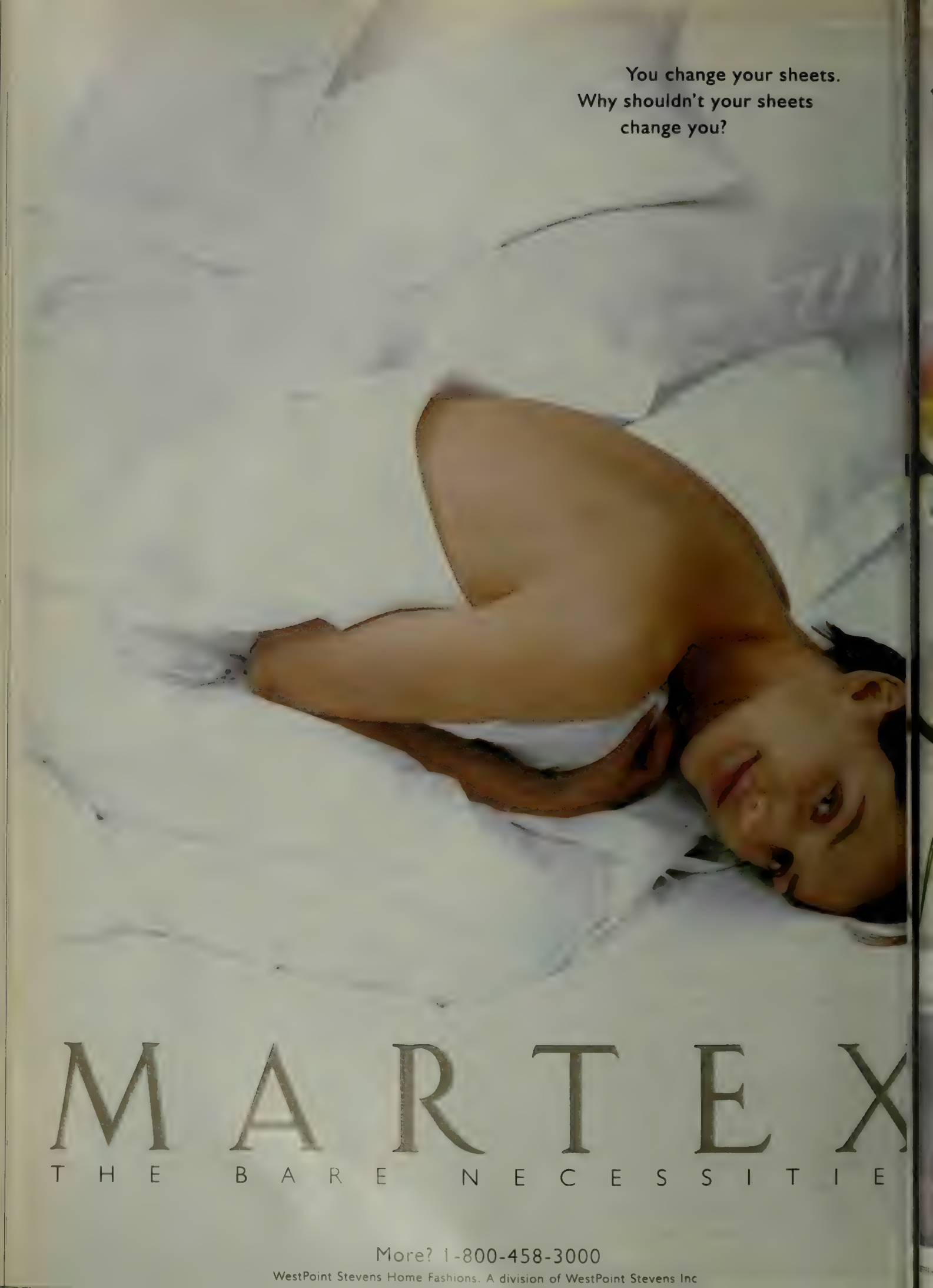
1 cup Wish-Bone Italian Dressing
½ cup tomato sauce
1 tablespoon chili powder (optional)
½ teaspoon ground red pepper
½ teaspoon dry mustard
4 pork chops, about 1½ inches thick

In bowl, combine all ingredients except chops. Pour ½ of the marinade into large baking dish; refrigerate remaining marinade in bowl. Add chops to dish; turn to coat. Cover and marinate in refrigerator, turning occasionally, 3 to 24 hours. Remove chops; discard marinade. Grill or broil chops, turning once, until done. In saucepan, bring refrigerated marinade to a boil. Pour over chops. Makes 4 servings. Also terrific with Wish-Bone Robusto Italian, Classic House Italian or Lite Italian Dressing.



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bulb weddings

by Julie A. Martens



Plant a promise of blooms to come by adding bulbs to your garden this fall. Bulbs blossom in every color, offering the ultimate in mix and matchability. You can aim for a bold bouquet or an elegant look, such as with the Angelique tulip and Golden Ducat daffodil, *above*. Use our pairings to jump-start your own springtime designs.

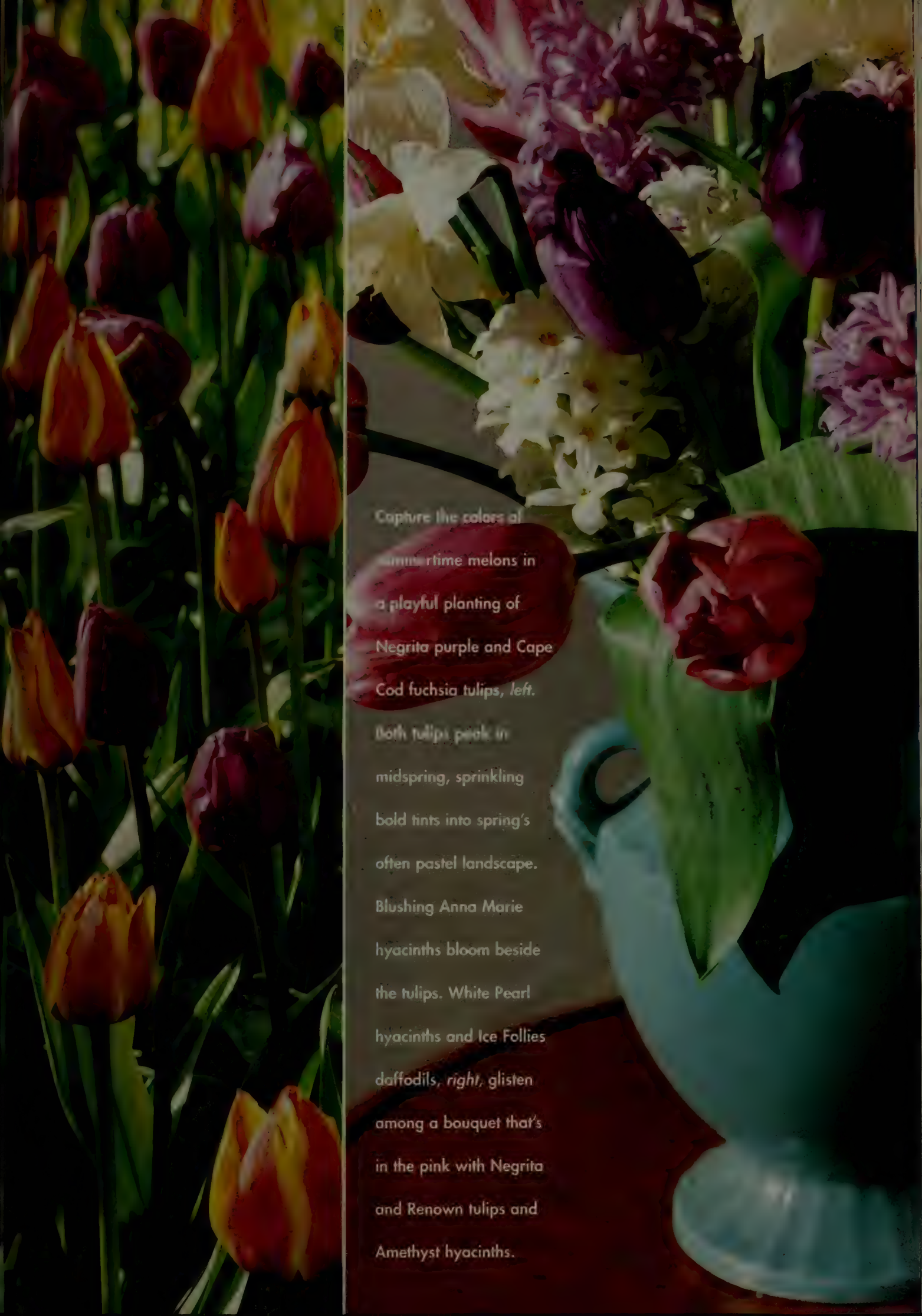




bulb weddings

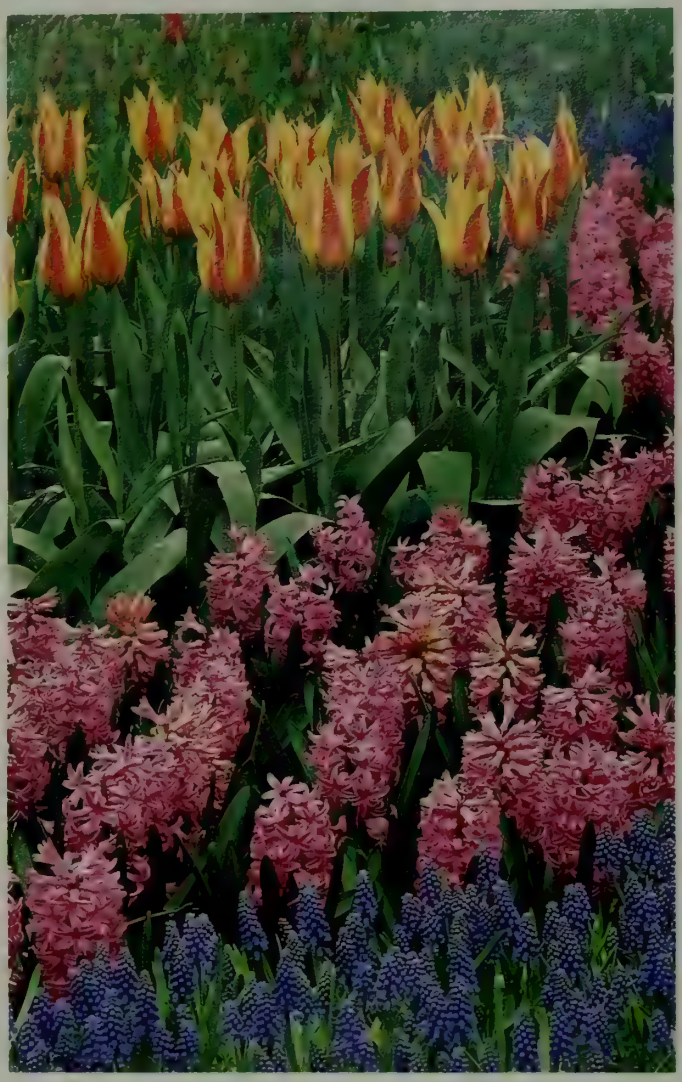
Even the most crowded border has room for 8-inch-tall grape hyacinths, *left*. Tuck these early-blooming gems into nooks and crannies for sparkling flower spikes that will thrive year after year. Mass the tiny bulbs for impact. For a sophisticated look in early spring, pair Orange Emperor tulip and Royal Orange narcissus, *right*. You can color-coordinate tulip petals with narcissus cups in shades from pink to white to gold. For a midspring apricot match, plant Pink Pride narcissus and fragrant Apricot Beauty tulip.


bulb weddings



Capture the colors of summertime melons in a playful planting of Negrita purple and Cape Cod fuchsia tulips, *left*. Both tulips peak in midspring, sprinkling bold tints into spring's often pastel landscape. Blushing Anna Marie hyacinths bloom beside the tulips. White Pearl hyacinths and Ice Follies daffodils, *right*, glisten among a bouquet that's in the pink with Negrita and Renown tulips and Amethyst hyacinths.

bulb weddings



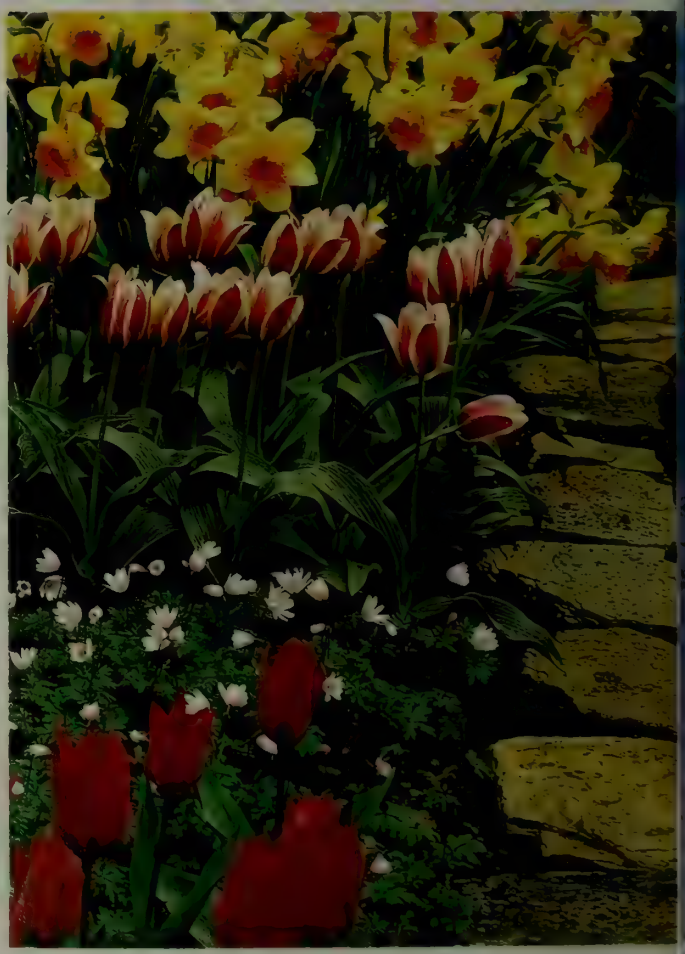
▲ A river of Pink Perfection hyacinth banked by grape hyacinth and Grand Style tulip's two-toned petals welcomes spring in a swath of shimmering color. Plant hyacinths in clumps of five or more to sweetly scent the air in your yard. Choose blooms in yellow, blue, peach, or white.

▶ Bring the memory of Christmas candy canes to life in a red and white bulb garden. Peppermint-colored Irma la Doute and red Lawrence of Arabia tulips tower above white *Anemone blanda*, which blooms up to six weeks in spring. The daffodils are the large-cupped Fortissimo.

Growing gorgeous bulbs

Even if you have no gardening experience, you can transform your yard into a blooming bonanza with foolproof bulbs.

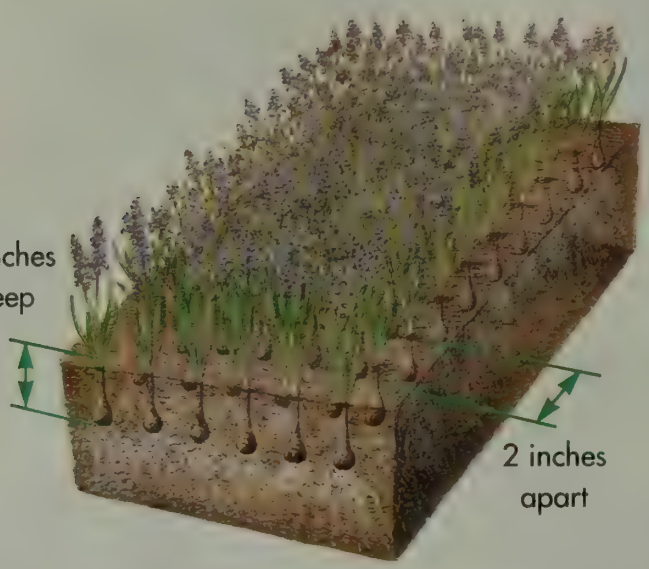
- When planning your bulb garden color show, make sure you choose flowers that bloom at the same time.
- Well-drained soil is a must for healthy bulbs. Add organic matter, compost, or peat moss to improve soil drainage. Work a small amount of bonemeal or bulb booster fertilizer into the soil in the planting hole.
- Chipmunks, squirrels and mice like to excavate and feast on freshly planted bulbs. Protect your flowers with a layer of chicken wire on top of the bed. For the ultimate protection from burrowing rodents, plant bulbs in a wire cage.
- After bulbs bloom, don't remove foliage until it yellows and/or turns brown.



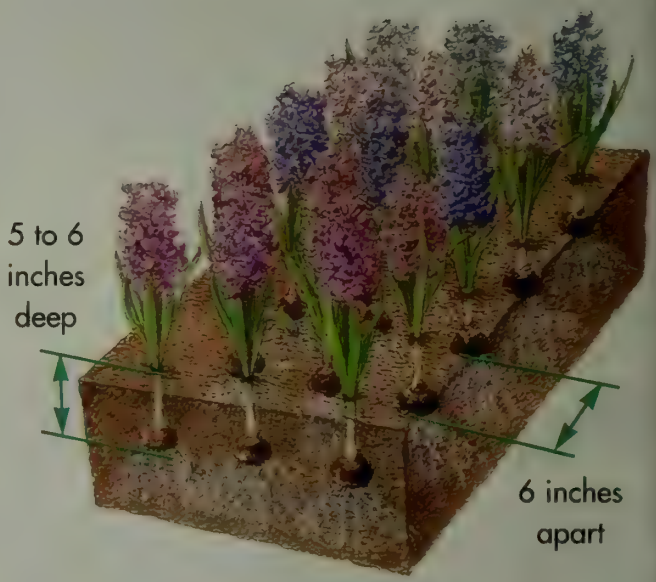

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planting bulbs

In general, plant bulbs at a depth equal to three times the bulb's diameter. Many exceptions to this rule exist, so ask for planting guidelines when you purchase bulbs. Use our diagrams *below* for planting grape and Dutch hyacinths, daffodils, and tulips.

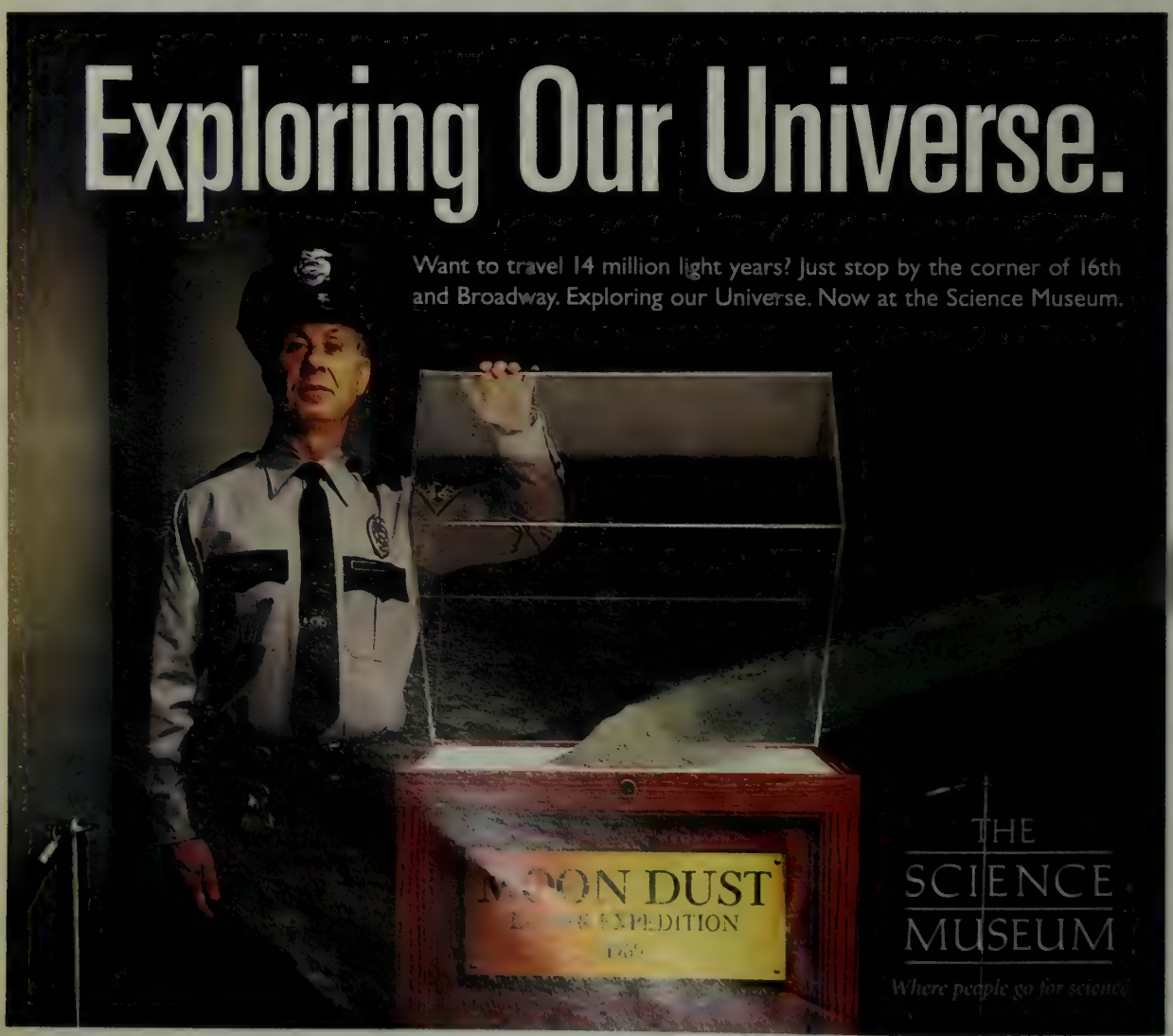


Grape hyacinths have the greatest impact when planted in groups of 12 or more. In fall, established bulbs may produce leaves; allow these to die back naturally.



Dutch hyacinths, with their rich hues and fragrant flowers, will turn heads when planted as a solid bed. For real pizzazz, pack a border with hyacinths in one color.

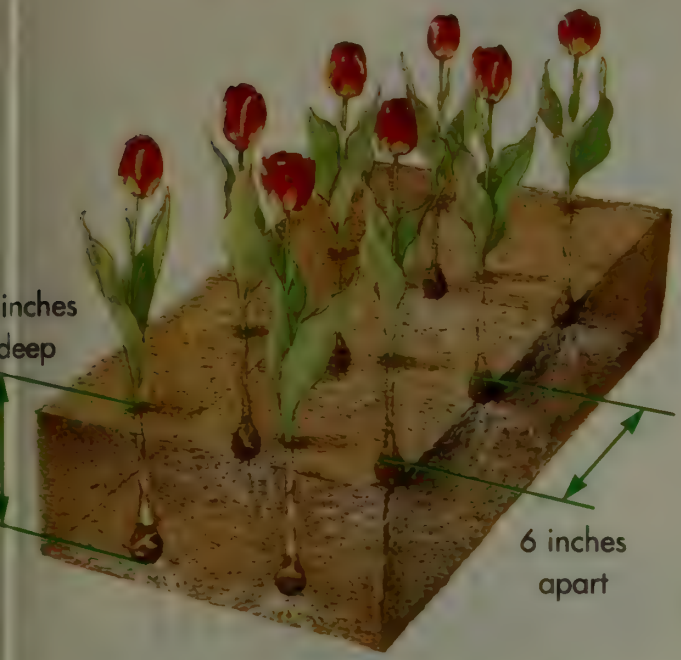
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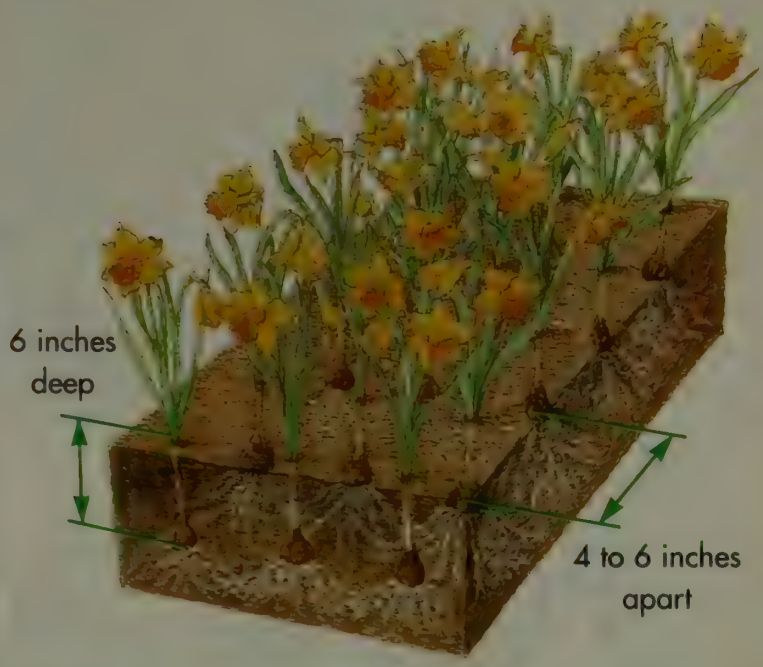
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Buying information, see page 150. To order bulb collections or a bulb book, see page 103.



Tulips planted in groups of 10 or more will create a stunning color show even if you snip a few stems for a vase. Choose several varieties to ensure blooms all spring long.



Daffodils are perfect for naturalizing into a lawn. Use a spade to slice sod and create a 6-inch-deep pocket. Drop in bulb, remove spade, and press sod into place.

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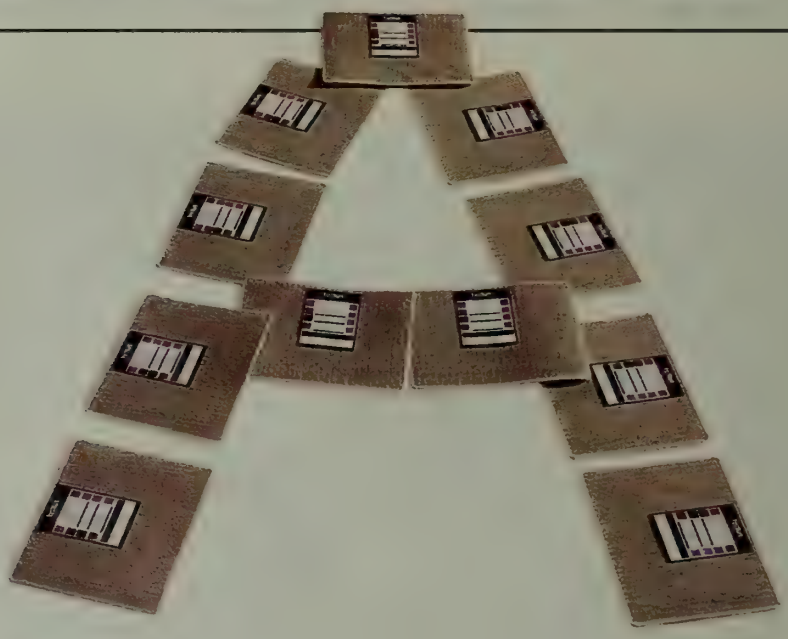
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housewarming

by Rebecca Jerdee and Sandra S. Soria

This house may be located in suburban Chicago, but its heart is firmly rooted in the country. Avid crafter and collector Linda Kramer is pulling those country-twanged heartstrings, mellowing her family's new home with cozy painted and papered backgrounds, familiar furniture, collectibles, crafts, even the wispy grace of roadside gatherings.

Buying information, page 150

PHOTOGRAPHS: JESSIE WALKER ASSOCIATES





housewarming

Talk about a dream house come true—Linda Kramer has been "building" this home in her head since she was a little girl. "I knew what I wanted down to the placement of each electrical outlet," says Linda, who learned to love the smell of sawdust growing up on her family's resort, which was renovated from an old sawmill. Though her girlhood was spent in Wisconsin, she longed for a country-style home with a Southern accent.

Her detailed dream was put in motion when she and her husband Richard found a 2-acre lot in a small development surrounding a pond, ideal territory for their growing girls, Nicole, 13, and Ashley, 11. Linda worked closely with the builder to see that each detail was put in place, from the farmhouse-gothic dormer windows to the transomed French doors and beefed-up moldings in the living room. Here, glossy white woodwork keeps forest green walls in check, preventing the room from becoming cavelike. Pillows in vintage-looking wovens and prints help soften the contrast between the light and dark hues. For another soft touch, Linda shows her crafty side with a simple garland of artichokes, cinnamon sticks, and bay leaves.

A lover of gracious Southern style, Linda wanted to capture that sense of gentility in her formal living room. She does it with simply lined classic furniture, including a Hepplewhite-style camelback sofa, Windsor chair, and blockfront chest. Rather than drown out these favorites with lots of pattern, Linda adds warmth more simply with deep green paint and dark wood furniture.

housewarming



The kitchen nook, *left*, shows Linda's flair for grouping the old, the new, and the handmade. This one starts with a focal-point hutch filled with ironstone. Linda balances it with a black peg shelf that she built herself. A high-back settee reaches up to the wall gathering and forms a bridge to amply sized items spread at its feet.

More homespun charm weaves its way into the family areas, relaxing the rooms' style. Country checks and quilt patterns keep things humble but crisp in the eating nook and adjoining great-room—scenes that could go dull with too much brown floor and brick red. A feathery stencil adds another bright spot in the vaulted room, while it defines and seems to lower the lofty ceiling line for coziness. Linda dabbed it on using a purchased stencil. "It wasn't easy," she says, "but all the trips up the ladder were worth it for the effect."

Country style crafts and collectibles lend old-fashioned character to new spaces. In this open family room, Linda invites in oversize pieces to achieve more impact with less clutter. The winged, high-back upholstery stands up to the room's size, too, without losing its traditional grace.


BASKETS
COUNTRY LOOK

housewarming

Though it's equipped with up-to-the-minute cooking power, this kitchen has the soft heart of an old-fashioned room. Linda's knack for choosing the right details stokes the room's warm side—glowing little details such as vintage brass cabinet pulls and an old-in-spirit chandelier. Touches of natural texture lend more warmth, from the arched brick "hearth" that houses the cooktop to the grainy hardwood floor. The dining furniture lives happily in the past as well. Resisting the temptation to tuck a small table out of the way, Linda fills one end of the kitchen with a barn-board table surrounded by hoop-back windsor chairs that playfully mock the hearth's curve. The oversize pieces make a more intimate gathering spot—and a stunning style statement.

Rather than resort to the expected centerpiece—maybe a pitcher of flowers and a couple of candlesticks—Linda uses the tabletop as another tableau for a not-so-still life of collectibles. The model houses offer the bold scale that she prefers and that the large table demands. They also reveal the side of Linda that dreams about owning a rural log cabin.

continued



To keep things lively, Linda tosses together old and new, sleek and textural. For example, no-fuss Corian countertops create a smooth stage for a troupe of old containers used to stash kitchen clutter. The kitchen is also a study in the snappy relationship between black and white. "Black wood chairs are my favorite accent," says Linda. "They outline and set off the other objects."



housewarming



In the master bedroom, Linda awakens a stately, rice-carved poster bed with the snappy checks of its bedside companion, the classic wing chair. Proving the mixability of geometric patterns, Linda tosses in floral sheets for a soft contrast. Her signature green embraces the space and silhouettes the furnishings. "It took ten trips to the paint store to get it right," she says.

continued



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housewarming

Until their dreams of a log-cabin retreat materialize, the Kramer family remains content inviting the happy images of the country into their suburban home.

To that end, what farmhouse, real or imagined, would be complete without a picket fence? Linda has tucked snippets of this rural icon into both her home and garden. In the narrow flowerbed that lines the family's driveway, *upper left*, a section of old fence lends brightness and height, serving as the eye-catching focal point for a flock of birdhouses and containers of bright blooms.

At the rear of the house, *lower left*, a single picket extends a casual greeting to backdoor friends. It forms the foundation for one of Linda's crafty creations. On the picket she mounted a simple A-frame birdhouse, then joined the two elements softly with a halo of fenceline vines, the kind of find Linda is always on the lookout for.

"There's nothing like a good roadside discovery!" she says. And it's true—at least, when it comes to finding the just-right accents to help season this new house with the mellow feeling of a home in the country.



Linda plants movable container gardens so she can transplant them without aid of a spade. Often, the blooming plants move inside, where they become welcome bright spots in an interior landscape dotted with natural accessories.

Whether trailing over a window or around a piece of the real thing, as on the door hanging, *left*, wispy vines conjure restful images of a rural fenceline. Linda's accents are all designed to soften her home's new-house crispness.


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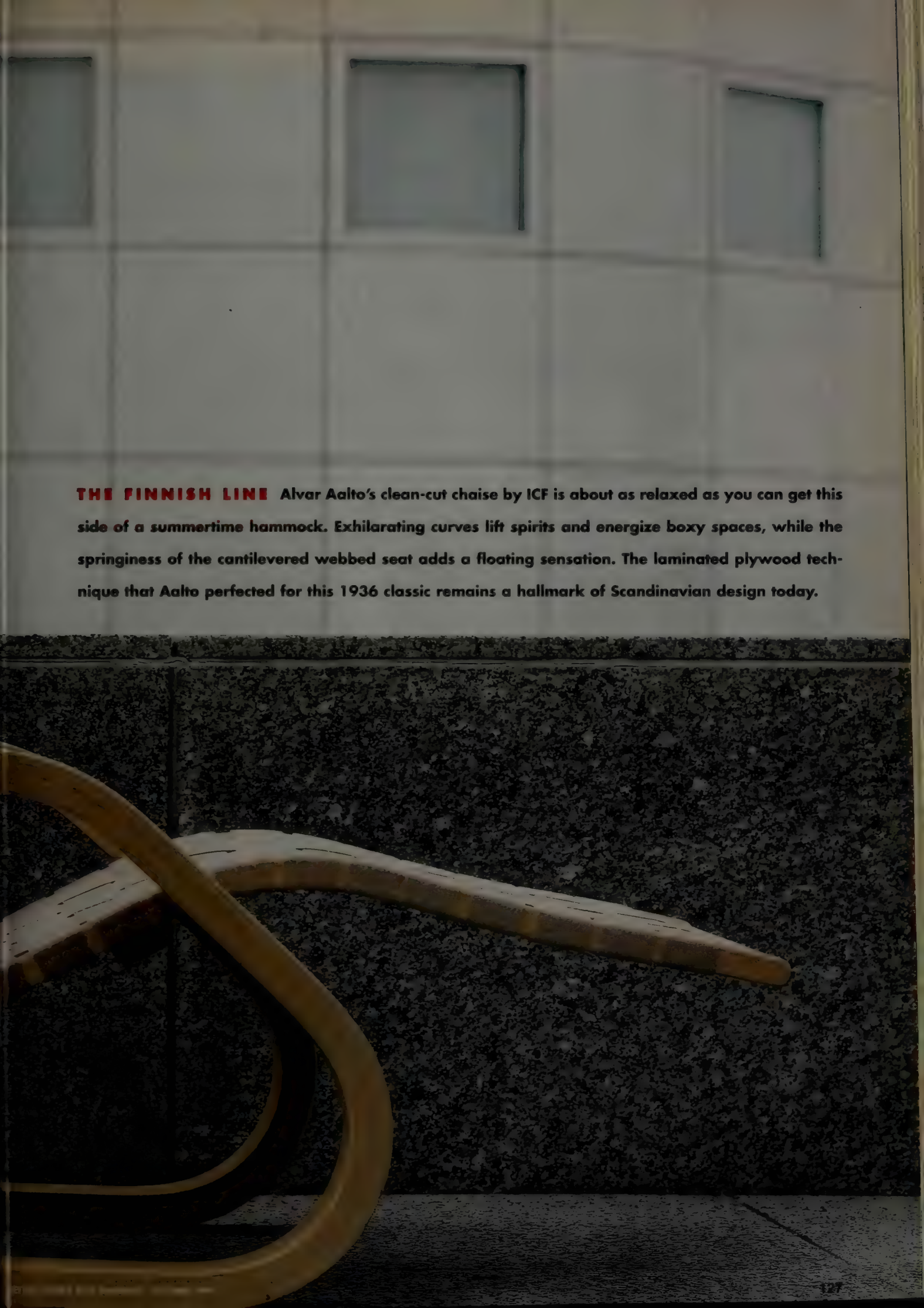
northern lights

bright spots in Scandinavian design

It's no wonder that Scandinavians facing long, dark winters have always sought creature comforts at home. Their laid-back chaises and sumptuous leather chairs cradle the body, while glowing woods, shaped into sinuous curves, brightly slash through winter's grayness like sleigh runners through the snow. Turn the coming months into the winter of your contentedness with one of these comforting classics.

by Denise L. Caringer





THE FINNISH LINE Alvar Aalto's clean-cut chaise by ICF is about as relaxed as you can get this side of a summertime hammock. Exhilarating curves lift spirits and energize boxy spaces, while the springiness of the cantilevered webbed seat adds a floating sensation. The laminated plywood technique that Aalto perfected for this 1936 classic remains a hallmark of Scandinavian design today.



Lean, yes. Mean? No. Clean, flowing lines give Scandinavian seating pieces their sculptural edge, yet each is designed to pamper and soothe your body.

EUROPEAN GETAWAY With its promise of relaxation, a beckoning chaise can calm your mind even before you plop down. Westnofa's leather *"Rest Luxe"* treats tired legs and feet with TLC: a built-in arch eases stress behind the knees, and the entire chaise rocks back to elevate legs.

SCANDINAVIAN SCULPTURE Stokke's sleek yet softly padded *"Ekstrem"* chair, *below,* remains a classic of modern design—and comfort. Sitting is believing: Lean back or sprawl sideways and feel the lumbar support.





NORWEGIAN WOOD With its silk touch and light, natural finish, Stokke's *"Arene* desk and spine-pleasing *"Thatsit"* chair combi function and flexibility. The desk adjusts height and offers a lift-up center section with sloping work surface and hidden storage.

eaving home was all you thought about.
Far away places.
The other side of town. It didn't matter.
you explored capitalism.
A job. A spouse.
Now
paneling for your home office.
finding your own space.





GEORGIA-PACIFIC SAINT SIMONS® WALL PANELS, HARDWOOD PLYWOOD AND SOUTHERN GOLD® PINE FLOORING GIVE ANY ROOM A WARMER, RICHER LOOK. PARTICULARLY WHEN IT'S SEEN (AND NICELY LIT) WITH THE ADDITION OF G-P GRAND VIEW® WINDOWS. WE ADDED A TOUCH OF MOULDING TO HEIGHTEN THE EFFECT, BUT THAT AND OTHER OPTIONS ARE YOURS FOR EXPLORATION. TO BEGIN, YOU MAY WISH TO CALL **1-800-BUILD G-P (284-5347).**





Enjoy a Nordic "holiday"—every evening. The handsome profiles of these chairs entice the eyes, while rich leathers and hand-rubbed woods are irresistible to the hand. Best of all, in keeping with the Scandinavian focus on ergonomics, each of these seating pieces supports your body in all the right places, thus freeing your mind to wander where it will.

COMFORTING SURPRISE **In its normal position, Pedro's *"Sitback I"* is a sleek lounge chair; reach down and roll-out the hidden footrest, as we did *above*, and it becomes a chaise. The adjustable back allows you to sit up like this or to stretch out and settle way back for a short winter's nap.**

SOFT RIDE **There's nothing wild about this *"Mustang"* chair by Hjellegjerde. In fact, with its reclining back and swivel base, it'll tame the beast in you after a rough day. Lean back, swivel those stresses away, or lock the chair in your favorite position.**

AT YOUR SERVICE **Test-drive the Stressless *"Princess Plus"* by Ekornes, and you won't want to get up. Sit or lie back, and lumbar and head supports adjust automatically. Our favorite feature: as you recline, the headrest tips forward to keep you from staring at the ceiling.**



Buying information, page 151

PHOTOGRAPHS KING AU



DECORATING SHOP

Stylish Storage

When your treasures and trinkets threaten to take up precious space in your dresser, find them a new—but not necessarily humble—home. Here are some stylish ideas:

- New or vintage spice boxes. Use the petite drawers to sort baubles and notions in the bedroom.
- Picnic baskets or old leather suitcases. Large enough to be bed or chairside companions, these fun pieces store off-season clothing.
- Vintage hatboxes and tins. As pretty as they are practical, these treasures look great tucked under nightstands or stacked on shelves.
- Nesting boxes covered with paint, fabric, or paper. Shop boutiques for these popular caches, or make your own, like those shown *above*, from a kit.



When complete, these boxes measure approximately 6 inches in diameter and 2½ inches deep, 5 inches in diameter and 2¼ inches deep, and 4 inches in diameter and 1½ inches deep.

The **Stylish Storage Box Kit** was designed exclusively for readers of *Better Homes and Gardens*® magazine by Banar Designs. Each kit contains three papier-mâché boxes, ecru and lavender acrylic paints, botanical fruits decoupage papers, a sponge brush, decoupage medium, and complete step-by-step instructions. The price per kit is $29.95, which includes shipping, handling, and sales tax, if applicable.

To order with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, specify **Stylish Storage Boxes Kit** and send $29.95 per kit to: *Better Homes and Gardens* Reader Shopping Service, Dept. D9510, P.O. Box 9128, Des Moines, IA 50306-9128.



Gulp. Time for the old cram-all-your-groceries-into-the-refrigerator trick.



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Frigidaire Gallery · The look *of* better performance.

by Steve Cooper

oldworld



Both of these scrumptious kitchens beckon cooks to savor finely crafted cabinetry, splendid appliances, and user-friendly work centers. They were designed for families who believe comfortable kitchens are the real living rooms of their homes.

Yet they are so different.



Distinction here is much more than mere choices of color, flooring, and countertop material. Each kitchen serves up a full course of personality, with style as dessert.

Though these California kitchens are located only miles apart, their characters are as separate as the Old World and New World.

newworld



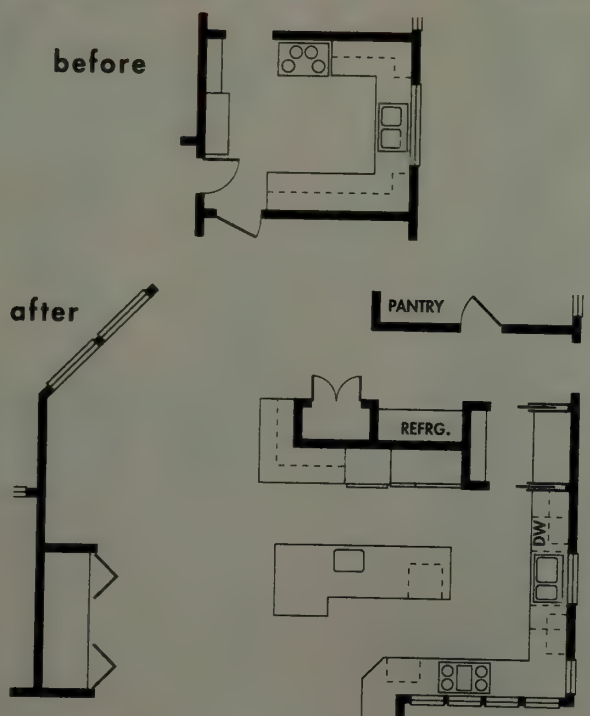
oldworld newworld

There's an unabashed joy expressed in the Old World kitchen of Laurie and Steve Gregory. It's more than just the Scandinavian country ambience they've created with vivid colors and woodworking artistry. Cooking here is fun thanks in large measure to a granite-topped, ten-foot island that is both a fetching furniture piece and a center stage during meal preparations. There are touches of whimsy, too, such as at the sink where a plate-drying rack doubles as an unorthodox window treatment. The hot dish is sunshine.

ARCHITECT, DAVID LUDWIG. INTERIOR DESIGN, CANDACE KILLMAN. BUILDER, ODIN'S HAMMER PHOTOGRAPHER, JAY GRAHAM FIELD EDITOR, HELEN HEITKAMP FLOOR PLAN ILLUSTRATION CARSON ODE



Here's a sunny-side-up arrangement: Put the cooktop at a window, *left*. The view compensates for minor glass-cleaning chores. The island countertop, *far left*, includes a butcher-block cutting surface. The island also houses tip-out storage for knives, a warming oven for breads, and gangs of drawers.



Laurie and Steve Gregory harvested a fresh kitchen when they enlarged their 1930s home. As the floor plans show, *left*, the kitchen was once cramped, but now it opens onto surrounding rooms. A major addition doubled the kitchen's size, making space for the island and its casual counter seating, a bank of windows, and a walk-in pantry.



oldworld newworld



Before painting cabinets, *above*, artist Richard Downes distressed them with a hammer and a rasp. "I wanted to soften the edges so they would look old," he says. Cabinets have all the trimmings, including wood carvings.

Bright colors demand bright light. So the kitchen, *left*, has walls of windows, decorative lamps, and recessed ceiling fixtures. To give cabinets with glass doors a finished look, painted planks line their rear interior walls.

oldworld newworld



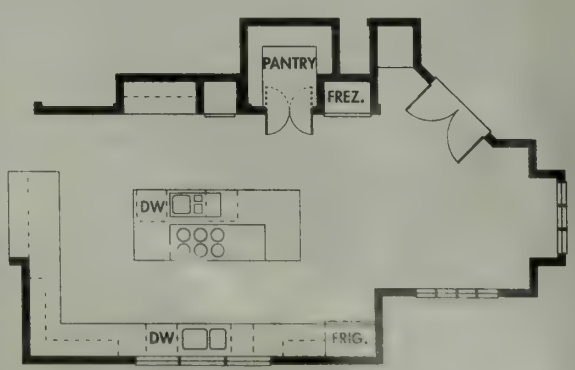
Pressing down a rolling pin is easy at the bake center, *right*, because of the lowered counter. There is vertical storage for cookie trays. The Grossmans' young daughter, Jullian, uses the counter as an art center.

Double doors shown between the ovens and freezer, *far right*, provide access to a spacious U-shaped pantry. Those glazed French doors at the end of the same wall open onto the Grossmans' garden.

If you imagine contemporary New World kitchen design as monochromatic and aloof—better suited to striking a pose than striking a match—you haven't seen Sabrina and Jerry Grossman's home. It blazes with character.

Although the kitchen is predominantly white, wise material choices chase any chilliness. Natural wood trim and doors are a start, massive Douglas fir beams add flavor, and granite counters turn up the design's temperature. The cabinets' traditional recessed panel doors help, too.

For easy living, the island neatly serves those baking, using the cooktop, or cleaning up.



The island's vegetable sink and dishwasher sit opposite the oven and freezer, *right*. On the island's other side, the cooktop faces a sink, another dishwasher, and the refrigerator.

ARCHITECT VALENTINO AGNOLI. INTERIOR DESIGN: SANDERS PITMAN. PHOTOGRAPHER: JAY GRAHAM. FIELD EDITOR: HELEN HEITKAMP. FLOOR PLAN ILLUSTRATION: CARSON ODE



oldworld newworld

A hint of Old World elegance leavens the sunny, spacious eating area, *right*. The peaked window is exquisitely framed by imported antique plates, a full-moon table, and an elegant light fixture.

Glass doors on the upper cabinets, *below*, were a fine choice. Too many solid white doors would have dulled this vibrant kitchen design.

In an authentic Old World house, the last place a family congregates is its dark, stuffy cauldron of a kitchen. But the Grossmans live in Northern California where kitchens are New-World bright, open, and lively.

Sabrina says, "We really live in the kitchen. This is where we cook, where we eat, and where we entertain our friends."

Guests gravitate toward the island, where cooks can collaborate at a commercial-style cooktop equipped with a grill and a griddle. A warming oven and a microwave oven also have been conveniently placed in the island cabinet.





oldworld newworld



Four-year-old Scott Gregory, *left*, is obviously pleased with his family's thoughtful kitchen. When he outgrows that slide-out step, it can be converted to a shallow drawer. You'll be pleased, too, if you design your kitchen with some of these terrific storage ideas, *below*.

Space and budget permitting, a full pantry is desirable. It's almost as helpful as hiring a chef—but not as expensive.

A well-organized storage room includes customized spots for dry goods and beverages. Pantries may include a sink, a freezer, and shelves for china, fine silver, and other seldom-used treasures.



Chefs need something to chop with when they stand at the chopping block. So this handy knife rack tips out right where it is needed. The slots were deliberately misaligned to make it easier to grab the knife handle that you're after.



Instead of eating up counter space with rows of small appliances, stash them in a deep drawer. Since blenders, can openers, and mixers are plugged into a power strip inside the drawer, they are always ready to use.



Make sure your kitchen includes drawers and shelves that are deep enough for those large, clumsy cereal boxes. This drawer is located near the refrigerator—a safe spot that keeps kids close to the ground and the milk.



In the average kitchen, this bank of baskets would have been a bank of drawers. But here, handcrafted baskets infuse color and texture into the island cabinet. Also, exposure to fresh air will help keep dry goods from becoming musty.

Buying information, please see page 151



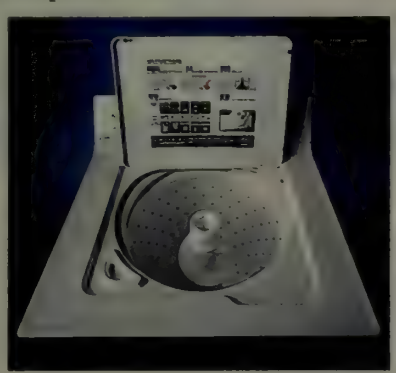
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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. Some privately owned or custom-made items have been omitted from the product listing.

STYLE IN THE MAKING: WINDOW DRESSINGS

Page 32: plastic lace tablecloth curtain, Mt. Royal Lace, No. 7140-002—House of Fabrics; for a retailer near you call 818/995-7000. **Wrought iron crane, black with gold ball—** City Curtains, Red Lion Inn, Stockbridge, MA 01262; 800/244-6020. **Page 34 : black tapestry fabric,** "Northern Expo"—by Richloom Fabrics Group available at Calico Corners, 800/777-9933.

COTTAGE CORNERS

Page 82: wall covering on folding screen, "Bibliotheque,"—available to designers and architects through the Brunschwig & Fils Showroom, 212/838-7878. **Drapery fabric,** "Tartan Cascade," (Green/Red/Stone)—by Warner Fabrics, available to designers and architects through Payne Fabrics. **Green checked fabric on chair,** "Cantebury Check" (Forest/Cream)—Schumacher; for information please call 800/332-3384. **Page 84: teapot fabric on chair,** "Teatime," No. P1981-01—by Pierre Frey, available to designers and architects through Fonthill Ltd., 212/755-6700. **Green checked fabric on chair,** "Cantebury Check" (Forest/Mimosa)—Schumacher, for information please call 800/332-3384. **Red floral fabric on chair,** "Oakley Cotton and Linen Print" (red), No. 65251.01; **blue sofa fabric,** "St. Kitts Cotton Check" (lapis), No. 3281.01 **curtain fabric,** "Kapli Stripe Cotton Print" (Romanov Blue and Gold), No. 50603.01—available to designers and architects from the Brunschwig & Fils Showroom, 212/838-7878

Page 86 (top): curtain valance fabric, "Kapli Stripe Cotton Print" (Romanov Blue and Gold), No. 50603.01; **chair slipcover fabric,** "Bromley Hall Toile" (blue), No. 50152.01—available to designers and architects from the Brunschwig & Fils Showroom, 212/838-7878. **(*Bottom*): chair fabric,** No. 45079-100, (red plaid)—available to designers and architects through Westgate Fabrics, Inc., 800/527-2517.

GARDENER'S ALMANAC

Pages 100-102: Aster x frikartii Monch—Carroll Gardens, 444 East Main St., P.O. Box 310, Westminster, MD 21157; 301/848-5422. Catalog $2. Wayside Gardens, 1 Garden Ln., Hodges, SC 06759; 800/845-1124. White Flower Farm, Dept. BHG, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600. **Aster x frikartii Wonder of Staffa—**Carroll Gardens (address above). Wayside Gardens (address above).

Page 203: Alma Potschke, Hella Lacy asters—Carroll Gardens (address above). White Flower Farm (address above). **Autumn Snow aster, Aster novi-belgii Kassel—** White Flower Farm (address above). **Aster novi-belgii Newton Pink, or Nesthackchen—**Carroll Gardens (address above). **Acer rubrum Red Sunset, sugar maple, ginnala maple, Japanese maple, big-leaf maple, vine maple—**Forest Farm, 990 Tetherow Rd., Williams, OR 97544-9599. **Acer ginnala Flame—**Carroll Gardens (address above). **Ornamental kale seed—**Park Seed, Cokesbury Rd., Greenwood, SC 19647-0001; 800/845-3369. W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; 215/674-4900. **Chrysanthemums—**Carroll Gardens (address above). Wayside Gardens (address above). **Bulbs—**Van Bourgondien & Sons, Inc., P.O. Box 1000-4619, 245 Farmingdale Rd., Rt. 109, Babylon, NY 11702-0598; 800/622-9997. Dutch Gardens, P.O. Box 200, Adelphia, NJ 07710-0200; 908/780-2713. White Flower Farm (address above).

BULB WEDDINGS

Pages 105-113: Angelique tulip, Golden Ducat daffodil, Anemone blanda, Fortissimo daffodil— Van Bourgondien & Sons, Inc., P.O. Box 1000-4619, 245 Farmingdale Rd., Rt. 109, Babylon, NY 11702-0598; 800/622-9997. Dutch Gardens, P.O. Box 200, Adelphia, NJ 07710-0200; 908/780-2713. **Blue and white grape hyacinths—**Dutch Gardens (address above). White Flower Farm, Dept. BHG, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600. **Orange Emperor, Renown, Negrita, and Cape Cod tulips; Anna Marie and Pink Pride hyacinths—**Daffodil Mart, Rt. 3, Box 794, Gloucester, VA 23061; 800/ALL-BULB. **Negrita tulip, Pink Pride hyacinth—**Dutch Gardens (address above). **Ice Follies and Fortissimo daffodils, Apricot Beauty tulip—** W. Atlee Burpee Co., 300 Park Ave., Warminster, PA 18974; 215/674-4900. Dutch Gardens (address above). **White Pearl hyacinth—**W. Atltee Burpee Co. (address above). **Grand Style tulip—**White Flower Farm (address above). **Amethyst hyacinth—** Park Seed, Cokesbury Rd., Greenwood, SC 29647; 803/233-7222. **Royal Orange narcissus—**Mary Mattison Van Schaik, P.O. Box 32, Cavendish, VT 05142; 802/226-7653.

HOUSEWARMING

Page 115: cabinets—WoodMode Cabinetry, Kreamer, PA 17833; for a dealer near you call 800/635-7500. **Appliances—**KitchenAid, Inc., St. Joseph, MI 49085; 800/422-1230. **Recessed lighting—**Halo Lighting Brand of Cooper Lighting, 400 Busse Rd., Elk Grove Village, IL 60007; for a representative near you call 708/956-



8400. **Green light fixture,** No. 1653-44—by Nulco, available through Chain of Lakes Lighting, 2050 S. Lake St., Mundelein, IL 60060; 708/566-1550.

NORTHERN LIGHTS

Pages 126-127: chaise, Alvar Aalto's Chaise Lounge—ICF (International Contract Furnishings Inc.); for a retailer near you please call 800/223-1620.

Page 128 (*top*): chaise, Westnofa's "Rest Luxe"—Ekornes; for a retailer near you please call 800/356-7637. **(*Center*): blue chair,** "Thatsit"; **desk,** "Arena"—Stokke U.S.A., c/o Norwegian Trade Council, 800 Third Ave., 23rd Floor, New York, NY 10022; for a dealer near you call 212/421-9210, ext. 15. **(*Bottom*): red chair,** "Ekstrem"—Stokke U.S.A., c/o Norwegian Trade Council (address above).

Page 130 (*top*): chair, "Sitback I"—Pedro, U.S.A., c/o Norwegian Trade Council (address above). **(*Center*): chair,** "Mustang"—Hjellegjerde U.S.A., 7732-A Talbert Ave., Huntington Beach, CA 92648; 714/842-5569. **(*Bottom*): chair,** Stressless "Princess Plus"—Ekornes; for a retailer near you please call 800/356-7637.

INTERIOR DESIGN

Page 137: Botanical Boxes Kit—Banar Designs, Inc., 431 South Main, Fallbrook, CA 92028.

OLD WORLD, NEW WORLD

Page 139: light fixture—Phoenix Day Co., 51 Washburn St., San Francisco, CA 94103. **Cabinet**—Wood Art, 4655 Appian Way, El Sobrante, CA 94530. **Carved trim**—Raymond E. Enkeboll, 16506 S. Avalon Blvd., Carson, CA 90746. **Cabinet painting**—Richard Downes, 25 Heather Way, Larkspur, CA 94939. **Countertop**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702.

Pages 140-143: cabinets—Wood Art (address above). **Carved trim**—Raymond E. Enkeboll (address above). **Cabinet painting**—Richard Downes (address above). **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Range**—Wolf Range Co., 19600 S. Alameda St., Compton, CA 90224; 800/366-9653. **Oven and warming oven**—Thermador, 5119 District Blvd., Los Angeles, CA 90040. **Microwave oven**—KitchenAid, 2000 M-63, North, Benton Harbor, MI 49022; 800/422-1230. **Windows**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 800/346-5128. **Granite island countertop**—Bay Marble, 39 Maxwell Ct., Santa Rosa, CA 95401. **Main sink faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 800/323-9660. **Island sink faucet**—Knob Hill Collection, 1500 Fourth St., Santa Rosa, CA 95404. **Hood,** "Best"—Purcell Murray Co., 113 Park Lane, Brisbane, CA 94005. **Chairs**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044; 800/922-5507. **Hanging lamps**—Nowell's Inc., 490 Gate 5 Rd., Sausalito, CA 94965. **Recessed lighting**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007. **Firkins and pewter, "Vanscoy"**—Jerry-Lynn Antiques, 15 Green Valley Rd., San Anselmo, CA 94960. **Flower bucket**—Smith & Hawken, 25 Corte Madera Ave., Mill Valley, CA 94941. **Rug**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Clock and cabinet painting**—Richard Downes (address above). **Wood plates and molds**—Cost Plus World Market, 2040 Redwood Hwy., Larkspur, CA 94940. **Cabinets and plate rack**—Wood Art (address above). **Perimeter countertops**—DuPont Corian, Chestnut Run Plaza, P.O. Box 80702, Wilmington, DE 19880-0702. **Carved trim**—Raymond E. Enkeboll (address above). **Dishwasher**—Regency, imported by McPhail's, 15 Jordan St., San Rafael, CA 94901.

Pages 144-147: refrigerator, freezer—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Range**—US Range Co., Div. of Alco Foodservice Equipment, 14501 S. Broadway, Gardena, CA 90248. **Oven, trash compactor**—KitchenAid, 2000 M-63, North, Benton Harbor, MI 49022; 800/422-1230. **Sinks**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521; 800/635-7500. **Faucets**—KWC/Rohl Corp., 1559 Sunland Way, Costa Mesa, CA 92626. **Plates on wall**—Imari Inc., 200 Gate 5 Rd., Sausalito, CA 94965. **Shaker canisters**—Cost Plus World Market (address above). **Light fixture**—Phoenix Day Co., 51 Washburn St., San Francisco, CA 94103. **Recessed lighting**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094-0508. **Chairs**—McGuire Co., 1201 Bryant St., San Francisco, CA 94103. **Chair fabric**—Coraggio Textiles and Wallcoverings, Shears & Windows, 101 Henry Adams St., No. 256, Safrancisco, CA 94103. **Table,** "Marc Miyasto"—Sanders Pittman Designs, 4441 19th St., San Francisco 94114.

READER SHOPPING

Page 103: Bulb Weddings—Van Bourgondien Brothers, 245 Farmingdale Rd., Rt. 109, Babylon, NY 11702. In Canada: McFayden Seed Co., LTD, 30 Ninth St., Brandon, Manitoba, Canada R7A6N4.

Page 171: Premium Ovenstone and Bread Peel—The Pizza Gourmet, 6005 Executive Dr., Westland, MI 48185.

Page 204: Explorabook, Magnetic Magic Book, Earthsearch Book—Klutz Press, 2121 Staunton Ct., Palo Alto, CA 94306.



Architects & Designers

OLD WORLD, NEW WORLD

Pages 139, 140-143, 148: Architect—David Ludwig, Polsky Assoc., 469 Magnolia Ave., Larkspur, CA 94939. **Interior design**—Candace Killman, 38 Spruce Rd., Fairfax, CA 94930. **Builder**—Odin's Hammer, 1103 10th St., Berkeley, CA 94710.

Pages 139, 144-148: Architect—Valentino Agnoli, Box 417, Stinson Beach, CA 94970. **Interior design**—Sanders Pitman Designs, 4441 19th St., San Francisco, CA 94114.

Enjoy Near East



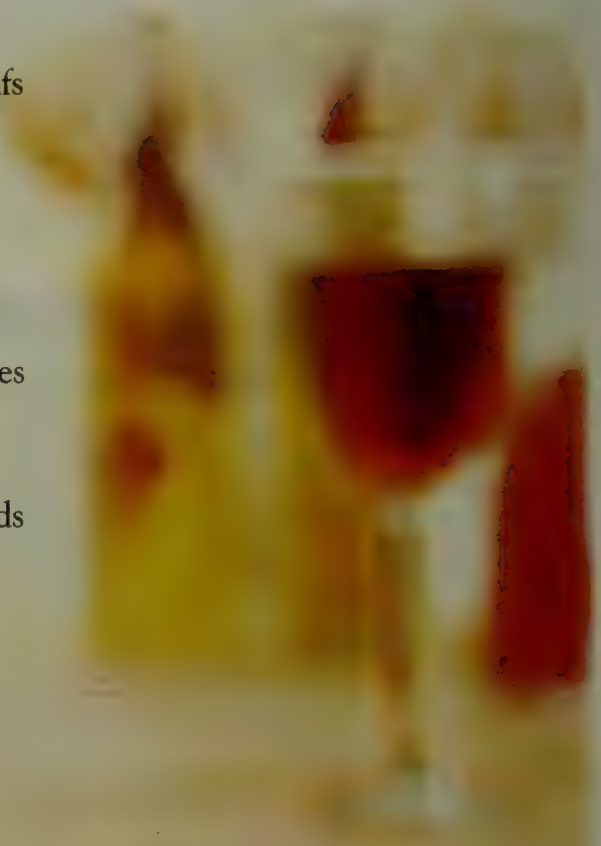
all-natural rices, pilafs

and couscous.

Distinctive side dishes

with intriguing blends

of flavorful spices.



DISCOVER THE TASTE OF THE MEDITERRANEA



Our Best RECIPES

This month, you'll find:

Bread Winners p. 154

Old World Classics—New Tricks, Too

Readers' Prizewinning Recipes

Pizza Pizzazz

Pear Desserts p. 189



Smoked Cheddar Muffins p. 168

Bread Winners

By Lisa Holderness and Carla Waldemar

Give us this day our daily bread—and straight from the oven, please. Nothing's quite so satisfying as the aroma of a baking loaf to lure folks kitchenward. Bread baking provides pleasures that have warmed hearts and sustained souls almost since time began. Comfort food doesn't get any better. Join the brotherhood of breadsmiths who turn flour, yeast, and water into loaves of pure pleasure. It's more than chemistry you're practicing, it's nurturing—a baker's greatest gift.

Recipes begin on page 168




Baguettes
Italian Country
Loaves

Country Breads

With these traditional Old World breads, the process is as satisfying as the product. The very act of plunging fists into a mound of dough serves as kitchen therapy, and the leisurely rising imbues the loaves with earthy flavor. The shape may vary from yardstick-long baguettes to rustic loaves of basketball dimension, but the secret ingredient remains the same: lots of TLC. In molding a traditional Provençal fougasse or hammeling an Italian loaf, it's the hand and spirit of the maker that provide the alchemy.

Pepper Parmesa
Fougasse



Recipes begin on page 172



Autumn Grape Clusters

Recipes begin on page 174



Shortcut Breads

You crave the special taste and texture of a yeast bread but haven't got all day to make it happen? Not a problem. Turn to our tips that shave time and labor in favor of creative shapes and flavors.



Banana Bread and
Mango Curd

Quick Breads



These beauties don't take hours to rise, but they sure do shine! Enrich your repertoire of show-off loaves with a spicy ginger-date pumpkin loaf, sweet and savory onion wheat buns, or the inspired melding of tropical fruits in our banana bread with mango curd. Stir them up in mere minutes to enjoy at teatime, brunch, or whenever a special treat is the ticket.

Recipes begin on page 176

Bread Machine Loaves



PHOTOGRAPHS: MARK THOMAS. FOOD STYLIST: DORA JONASSEN. PROP STYLIST: NANCY MICHLIN



Long on tastebuds, short on time? Then these recipes are for you. Especially designed for bread machines, they invite you to bask in alluring aromas as they bake, then savor the primal pleasure of a scratch-made loaf. The machine forms the hearty whole-grain bread; for the Almond Brunch Loaf, you step in to roll and spread the filling.

Recipes begin on page 179

Team up two classics and don't expect leftovers.



Pepperidge Farm's perfectly seasoned stuffing and Campbell's Soup's creamy texture create a delicious new recipe you're sure to file with your everyday favorites.



One Dish Chicken & Stuffing Bake

- 4 cups Pepperidge Farm® Herb Seasoned Stuffing
- 6 skinless, boneless chicken breast halves
- Paprika
- 1 can (10 3/4 oz) Campbell's® Cream of Mushroom Soup
- 1/3 cup milk
- 1 tbsp. chopped fresh parsley

1. Mix stuffing, 1 cup boiling water* and 1 tbsp. margarine.
2. Spoon stuffing across center of 3-qt shallow baking dish. Place chicken on each side of stuffing. Sprinkle chicken with paprika.
3. Mix soup, milk and parsley. Pour over chicken.
4. Bake covered at 400°F for 15 min.
5. Bake uncovered 15 min. or until chicken is no longer pink.

*For more moist stuffing, increase water by 1 to 2 tbsp.

Prep. Time: 10 min. Cook Time: 30 min. Yield: Serves 6

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Bread Winners

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SMOKED CHEDDAR MUFFINS

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- ¼ cup sugar
- 1 Tbsp. baking powder
- ¼ tsp. salt
- ¼ to ½ tsp. ground red pepper
- 2 eggs
- 1 cup milk
- ¼ cup margarine or butter, melted
- 1 cup shredded smoked cheddar cheese
- Desired toppings, such as sunflower seed, poppyseed, sesame seed, pine nuts, thin strips of roasted sweet peppers, or additional shredded smoked cheddar cheese

In a medium mixing bowl stir together flour, cornmeal, sugar, baking powder, salt, and red pepper. In another bowl beat together eggs, milk, and melted margarine or butter. Add to flour mixture. Add the 1 cup shredded cheese and stir just till batter is smooth (do not overbeat).

Spoon batter into greased muffin cups, filling cups almost full. Top with desired toppings. Bake in a 425° oven for 12 to 15 minutes or till golden brown. Let cool in pan for 5 minutes. Remove from muffin cups and serve warm. Makes 12 muffins.

Nutrition facts per muffin: 193 cal., 9 g total fat (3 g sat. fat), 47 mg chol., 260 mg sodium, 22 g carbo., 1 g fiber, and 6 g pro. Daily Value: 11% vit. A, 0% vit. C, 15% calcium, and 8% iron.

BAGUETTES

The trick to achieving the extra-crispy crust that's the trademark of fine French baguettes is to bake the loaves with a pan of steaming water.

- 2½ cups cool water (70° to 75°)
- 2 pkg. active dry yeast
- 6 to 6¾ cups bread flour or unbleached all-purpose flour
- 2 tsp. salt
- 1 egg white
- 2 Tbsp. water
- Bread flour, toasted sesame seed, poppyseed, and/or toasted wheat germ

In a large mixing bowl stir together the 2½ cups water and yeast. Let stand about 3 minutes or till mixture looks creamy. With a freestanding electric mixer or by hand with a spoon, add *3 to 4 cups* of the flour, a little at a time, mixing on low speed at first and then on medium speed. (This will take about 10 minutes.) Sprinkle the salt over the dough during the last minute of mixing.



For loaves with rounded rather than pointed ends, bring up the long edges of the flattened dough rectangle and pinch together to close the seam, gently stretching the loaf lengthwise. Keep the seam on top of the dough; it will become the bottom of the loaf.

If your mixer has a dough hook, continue to add flour, ¼ cup at a time, till the dough clings together and cleans the side of the bowl. Continue mixing on medium speed about 5 minutes to make a stiff dough that is smooth and elastic. Or, to knead by hand, with a spoon stir in as much of the remaining flour as you can. Turn the dough onto a lightly floured surface. Knead in enough of the remaining flour to make a stiff dough that is smooth and elastic (8 to 10 minutes total).

Shape the dough into a ball. Place dough in a large greased bowl; turn once to grease surface of dough. Cover with plastic wrap and let rise in a warm place till double (1½ to 2 hours). Or, cover and chill overnight.

Punch the dough down and knead gently in the bowl just a few strokes. Cover and let rise again till nearly double (¾ to 1 hour in a warm place, or 1½ to 2 hours in the refrigerator). Punch dough down again and turn out onto a lightly floured surface. Divide into 4 equal portions. Cover and let rest for 10 minutes.

To shape loaves, work with 1 portion of dough at a time, leaving others covered. Flatten 1 portion with the heel of your hand to about an 8x4-inch rectangle, pressing out air bubbles as you go. Bring up the long edges of the dough and pinch together to close the seam, gently stretching the loaf lengthwise as you work (see photo, left). Pat the dough flat again, then repeat pinching and stretching to make a 17-inch-long loaf that is about 2 inches in diameter. If the dough becomes too bouncy and shrinks back as you work with it, let it rest for 5 to 10 minutes and continue with another portion of dough. (The dough will be easier to shape after it rests.) Place each loaf, seam side down, in a greased baguette pan* or place loaves 3 to 4 inches apart on greased baking sheets. Cover with a kitchen towel and let rise in a warm place till nearly double (¾ to 1 hour).

Preheat oven to 450° and adjust 2 oven racks so that one is in the lowest position and the other is in the middle of the oven. With a sharp knife or clean razor blade, cut 4 or 5 diagonal slashes in each loaf, about ¼ inch deep. Combine egg white and the 2 tablespoons water; brush atop loaves. Dust with flour or sprinkle with other toppings.

For a crisper crust, place a broiler pan on the bottom oven rack while the oven preheats. When the pan is hot, carefully pour about 1 cup of hot tap water into the pan in the oven. Be careful of the hot steam.

Place bread in the oven on the middle rack. (If you don't have room to bake all of the loaves at once, place the others, covered, in the refrigerator, removing 10 minutes before baking time. Repeat heating broiler

continued on page 170

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Bread Winners

continued from page 168

pan and adding water for each batch.) Bake for 20 to 25 minutes or till loaves are golden brown and sound hollow when tapped. The water in the pan will evaporate after about 10 minutes of baking time; remove dry pan to avoid warping.

Transfer loaves to wire racks; cool completely. Serve within 12 hours or wrap in freezer wrap and freeze for up to 3 months. Makes 4 baguettes (20 slices per loaf).

To reheat and crisp bread: Thaw bread, if frozen. Unwrap and place directly on the rack in a preheated 400° oven. Bake for 10 minutes or till crisp and heated through.

**Note:* Specially designed baguette pans give the loaves their typical round shape. Baking sheets give the same delicious results, but produce loaves with flat bottoms.

Nutrition facts per slice: 38 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 54 mg sodium, 8 g carbo., 0 g fiber, and 1 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, and 2% iron.

ITALIAN COUNTRY LOAVES

- 1 cup warm water (105° to 115°)
- 1 pkg. active dry yeast
- 2 cups unbleached all-purpose flour
- ⅔ cup milk
- 1 tsp. sugar
- 1¾ cups warm water (105° to 115°)
- ⅓ cup olive oil
- 1 Tbsp. snipped fresh rosemary or 1 tsp. dried rosemary, crushed
- 2 cloves garlic, minced
- 2 tsp. salt
- 7 to 7½ cups unbleached all-purpose flour
- Fresh rosemary sprigs (optional)
- Olive oil (optional)

In a large mixing bowl stir together the 1 cup warm water and yeast. Let stand about 3 minutes or till mixture looks creamy. Stir in the 2 cups flour, ¼ cup at a time, the milk,

and sugar. Cover and set in a warm place for 4 to 24 hours or in the refrigerator for up to 4 days.

With a freestanding electric mixer on low speed or by hand with a spoon, beat the 1¾ cups warm water, the ⅓ cup olive oil, rosemary, garlic, and salt into the yeast mixture. Beat in as much of the remaining flour as you can, 1 cup at a time.

Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Rub the surface of the dough with a little flour and shape into a ball. Place in a greased bowl, turning once to grease surface. Cover with a towel and let rise in a warm place till double (2 to 3 hours).

Punch the dough down. Turn out onto a lightly floured surface. Divide in half. Shape into round loaves, pulling the top surfaces tight and pinching any seams together under the loaves. Place on a large greased baking sheet sprinkled with cornmeal (or, on parchment paper, if using a bread stone). Cover and let rise till nearly double (about 1 hour).

Preheat oven to 400° and adjust 2 oven racks so that one is in the lowest position and the other is in the middle of the oven. If using a bread stone, place it on the middle rack and preheat stone for 30 minutes. Rub loaves lightly with flour. With a sharp knife or clean razor blade, cut a crisscross design atop each loaf, about ¼ inch deep. Brush rosemary sprigs with additional olive oil, if desired, and place on top of loaves.

For a crisper crust, place a broiler pan on the bottom oven rack while the oven preheats. When pan is hot, carefully pour about 1 cup hot tap water into the pan in the oven. Be careful of the hot steam.

Leave bread on baking sheet or carefully transfer with parchment paper directly to the preheated bread stone; place in the oven on the middle rack. (If you don't have room to bake both loaves at once, place 1 loaf, covered, in the refrigerator, removing 15 minutes before baking time. Repeat heating broiler pan and adding water for second loaf.) Bake for 40 to 50 minutes or till loaves are deep golden brown and crusty. The water in the pan will evaporate after about 10 minutes of baking time; remove the dry pan to avoid warping. Transfer loaves to wire racks; cool. Makes 2 loaves (16 slices a loaf).

Nutrition facts per slice: 142 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 137 mg sodium, 25 g carbo., 1 g fiber, and 4 g pro. Daily Value: 0% vit. A, 0% vit. C, 1% calcium, and 10% iron.

SPECIAL MERCHANDISE OFFER

Several of the bread recipes featured this month were made using a baking stone. The kiln-fired clay stone absorbs 20 percent of the moisture from the dough, helping to ensure a crisp crust. By special arrangement with The Pizza Gourmet, we are pleased to offer our readers the opportunity to purchase our special **Baking Stone Kit**.



Each kit includes an extra-large, 14½×15½-inch Ovenstone, *shown above*, and a Bread Peel (a 6×22-inch wooden paddle used to position the loaf on the hot stone). The Peel is made from select hardwood with a rawhide loop. To use a Mastercard, Visa, or American Express card, call *Better Homes and Gardens*® Reader Shopping Service at 800/881-4066. To order by mail, send $56.95 to *BH&G* Reader Shopping, Dept. 9510, Box 9128, Des Moines, IA 50306-9128. Price includes shipping, handling, and sales tax, if applicable.

continued on page 172

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Bread Winners

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OLD-WORLD MULTIGRAIN BREAD

Prepare the starter three days before you plan to bake the bread; that's the secret behind its special taste and texture. For a change of pace, try this basic recipe's flavorful variations too.

- 1 cup milk
- 1 pkg. active dry yeast
- 1 cup whole wheat flour
- 2 cups warm water (105° to 115°)
- 2 cups all-purpose flour
- 1 cup rye flour
- 1 Tbsp. salt
- 3½ to 4 cups all-purpose flour

For the starter, in a small saucepan heat and stir milk till warm (105° to 115°). Transfer to a large mixing bowl. Stir in yeast and let stand till dissolved. Add whole wheat flour. With a spoon, stir till thoroughly combined. Cover with cheesecloth and let stand at room temperature about 24 hours.

Next day, uncover starter and add the warm water. Stir in the 2 cups all-purpose flour and rye flour. The mixture should be thick. Cover again with cheesecloth and let stand about 24 hours.

On day three, uncover starter and stir in salt. With a spoon, stir in as much of the remaining flour as you can, ½ cup at a time. Turn out onto a lightly floured surface and let rest for 3 to 4 minutes. Knead in enough of the remaining flour to make a stiff dough that is smooth and elastic (8 to 10 minutes total). Shape into a ball.

Place dough in a greased large bowl; turn once to grease surface. Cover and let rise in a warm place till double (about 1 hour). Punch dough down. Turn out onto a lightly floured surface. Divide in half. Shape into round loaves, pulling the top surfaces tight and pinching the seams together under the loaves.

Place on a greased large baking sheet sprinkled with cornmeal (or, on parchment paper if using a bread stone). Cover and let rise till nearly double (about 30 minutes).

Preheat oven to 425° and adjust 1 oven rack so it is in the middle of the oven. If using a bread stone, place it on the middle rack and preheat for 30 minutes. With a sharp knife or clean razor blade, cut three 4-inch parallel slashes in each loaf, about ¼ inch deep.

Leave bread on baking sheet or carefully transfer with parchment paper directly to the preheated bread stone; place in the oven on the middle rack. (If you don't have room to bake both loaves at once, place 1 loaf, covered, in the refrigerator, removing 20 minutes before baking time.) Bake for 30 to 40 minutes or till loaves are deep golden brown and crusty. Transfer loaves to wire racks; cool completely. Makes 2 loaves (16 slices per loaf).

Nutrition facts per slice: 100 cal., 0 g total fat (0 g sat. fat), 1 mg chol., 205 mg sodium, 21 g carbo., 1 g fiber, and 3 g pro. Daily Value: 0% vit. A, 0% vit. C, 1% calcium, and 7% iron.

PEPPER PARMESAN FOUGASSE

Prepare as directed for Old-World Multigrain Bread, *except* reduce salt to 2½ teaspoons and halfway through kneading, knead in ½ cup finely shredded Parmesan cheese and 1 to 1½ teaspoons cracked peppercorns. Shape dough into a ball. Place in a greased large bowl; turn once to grease surface.

Cover and let rise in a warm place till double (about 1 hour). Punch down. Turn out onto a lightly floured surface. Divide into 3 equal pieces. Cover pieces and let rise again till nearly double (30 to 45 minutes). Punch dough down. Let rest for 5 minutes.

On a parchment-lined baking sheet, roll 1 portion of dough to a 12x8-inch rectangle (it will be about ½ inch thick). With kitchen scissors, make 4 or 5 parallel cuts across width of dough, keeping edges intact (see photo, above right). Holding the



Use kitchen scissors to make slits. Gently pull dough to open the slits.

corners of slit dough, pull the dough until the cuts open to form a ladder. Roll, cut, and gently stretch the remaining dough.

Cover and let rise till nearly double (about 30 minutes). For a shinier crust, combine 1 egg white and 1 tablespoon water; brush atop loaves. Sprinkle with additional cracked peppercorns.

(You will probably not have room in your oven to bake three loaves at once. Shape and bake each third, one at a time, keeping unrolled portions covered in the refrigerator; remove, shape and let rest 20 minutes before baking.) Bake as directed for Old-World Multigrain Bread, *except* reduce baking time to 25 minutes. Makes 3 loaves.

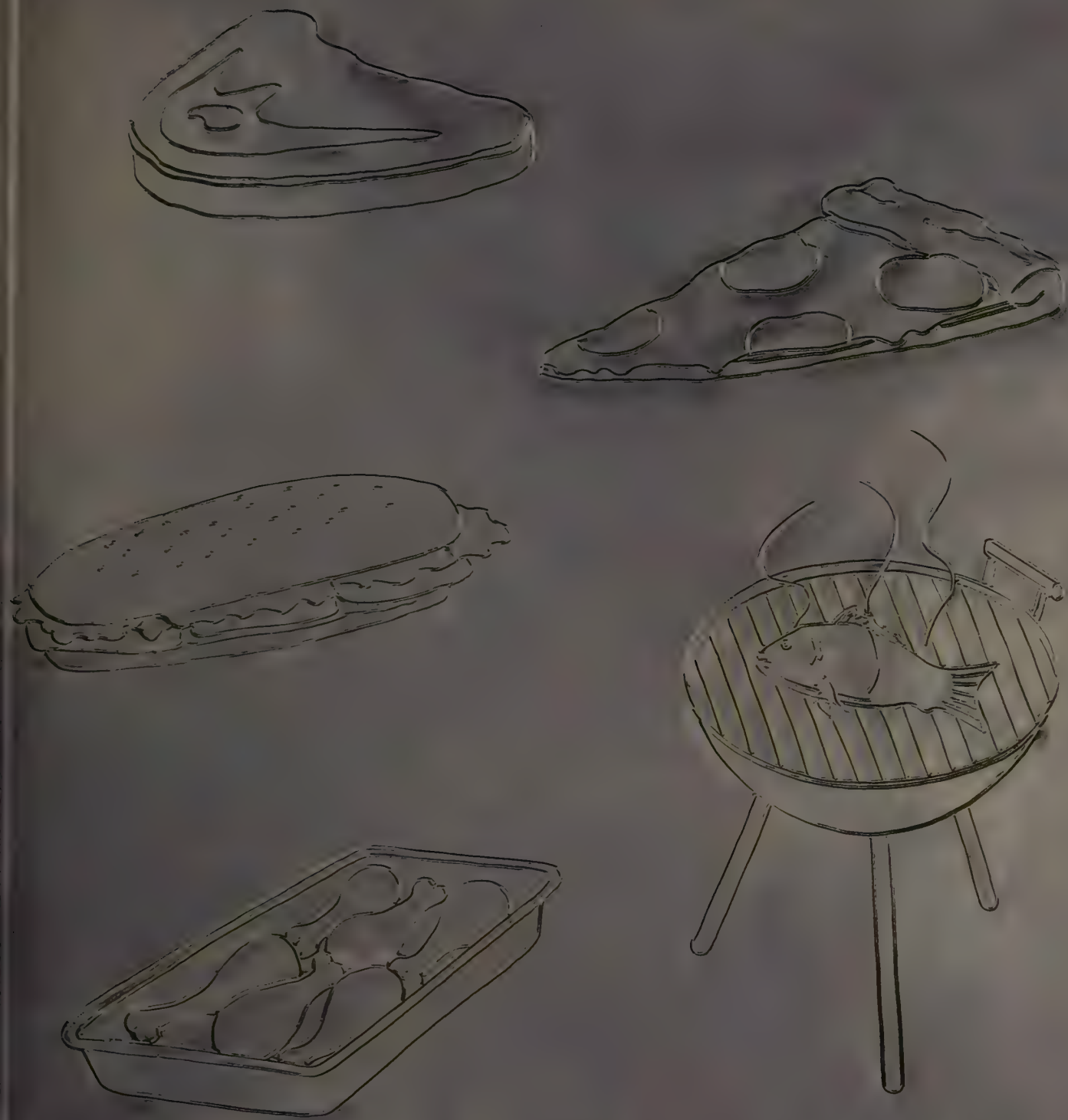
RAISIN PECAN LOAVES

Prepare as directed for Old-World Multigrain Bread, *except* halfway through kneading, knead in 1 cup toasted chopped pecans and ¾ cup raisins. Let dough rise as directed. Divide dough in half; shape into balls. Let rest for 5 minutes.

With your hands, roll each ball into a 16-inch-long loaf, applying more pressure at the ends. Pinch ends so the center bulges and ends taper. Place on a greased large baking sheet (or on parchment paper, if using a bread stone). Let rise as directed. Make a ¼-inch-deep lengthwise slash down the center of each loaf, stopping 1 inch from ends. Bake as directed. Remove from pan and cool completely.

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Bread Winners

continued from page 172

AUTUMN GRAPE CLUSTERS

- 4½ cups all-purpose flour
- 1 pkg. active dry yeast
- 1 cup milk
- ½ cup margarine or butter
- 3 Tbsp. sugar
- ¾ tsp. salt
- 3 eggs
- 1 egg yolk
- 1 tsp. water

In a large mixing bowl combine *2 cups* of the flour and yeast. In a medium saucepan heat and stir milk, margarine or butter, sugar, and salt till warm (120° to 130°) and butter almost melts. Add to flour mixture; add the 3 whole eggs. Beat with an electric mixer on low speed for 30 seconds, scraping bowl. Beat on high speed for 3 minutes. With a spoon, stir in the remaining flour.

Place dough in a greased bowl. Cover; let rise in a warm place till double (about 2 hours). Punch dough down. Cover with plastic wrap and chill for 2 to 24 hours. Punch down. Turn out onto a lightly floured surface. Divide into 10 portions. Cover and return all but 1 portion to the refrigerator.



Design a cluster of "grapes" on a greased baking sheet. Then add dough leaves, stem, and vine to each cluster.

To shape a grape cluster: With kitchen scissors, snip the 1 portion into 20 to 22 pieces, varying the sizes slightly. Set 4 small pieces aside. To make the grapes, roll remaining pieces into balls. With your finger, rub each ball with a little water as you assemble them together into a grape cluster. On a greased baking sheet build grape clusters, starting with 4 or 5 balls at the top of the cluster and continuing in loosely organized rows, ending with 1 ball at the bottom of the cluster. Shape the reserved small pieces of dough into 2 leaves, a stem, and a curly vine (see photo, left). With a knife, mark veins in the leaves, if desired. Continue with the remaining dough portions, keeping dough chilled till needed. When all are assembled, cover grape clusters and let rise in a warm place for 15 minutes.

In a small bowl combine egg yolk and water; brush grape clusters. Bake in a 375° oven for 12 to 15 minutes or till golden. Remove from pans; cool on wire racks. Serve the same day or freeze. Makes 10.

Nutrition facts per cluster: 327 cal., 12 g total fat (3 g sat. fat), 87 mg chol., 300 mg sodium, 45 g carbo., 2 g fiber, and 9 g pro. Daily Value: 18% vit. A, 0% vit. C, 4% calcium, and 18% iron.

TIPS FOR PERFECT YEAST BREADS

- Always start by adding the smallest amount of flour listed. Then, knead in as much additional flour as you can. Don't go over the maximum amount listed, however, because too much flour will make your bread heavy, dry, and compact.
- The best place to let a yeast dough proof (or rise) is a draft-free spot that's between 80° and 85°. Avoid very hot areas because too much heat will kill the yeast. A place too cold will keep the bread from rising. An unheated oven is an ideal spot to proof a yeast dough.
- Let doughs rise only till they are doubled in size. You can tell if the dough has risen enough by pressing two fingers about ½ inch into the dough. If the indentation remains, the dough is ready to shape.
- Brush your bread loaves with margarine or butter if you want soft, shiny crusts. Use milk, water, or beaten egg for glossy, crisp crusts.
- Too low an oven temperature will give a heavy bread with a thick crust. Too high a temperature will cause bread to overbrown on the outside before it's baked on the inside.
- Yeast breads are completely baked if the loaves sound hollow when you tap them with your finger.
- Remove loaf from the pan as soon as it's baked. If you allow bread to cool in the pan, the bottom may get soggy. Cool on a wire rack instead.

SAUSAGE WHOLE WHEAT BREAD

- ½ lb. bulk spicy Italian pork sausage or Italian turkey sausage
- ⅓ cup coarsely shredded carrot
- ¼ cup chopped onion
- 1 8-oz. tub cream cheese with chives and onion
- ½ of a 10-oz. pkg. frozen chopped spinach, thawed and well drained
- ⅓ cup chopped toasted pecans
- ¼ cup fine dry bread crumbs
- 1 16-oz. loaf frozen whole wheat or white bread dough, thawed
- 2 tsp. melted margarine or butter
- German-style mustard (optional)



Alternately fold opposite strips of dough to meet at an angle across the filling.

For filling, in a 10-inch skillet cook Italian sausage, carrot, and onion till sausage is brown and onion is tender. Remove from heat and drain off any fat. Blend in cream cheese. Stir in spinach, pecans, and bread crumbs.

On a lightly floured surface, roll dough into a 12x9-inch rectangle.

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JUICIER WHITE MEAT CHICKEN





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BANANA BREAD WITH MANGO CURD

A taste of the tropics that's the ultimate in luxury for brunch or tea.

- 4 cups all-purpose flour
- 1⅓ cups packed brown sugar
- 1 Tbsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- ½ tsp. ground cloves
- 2 cups mashed ripe banana (about 4 medium)
- 1¼ cups cooking oil
- 4 eggs
- ⅔ cup chopped toasted macadamia nuts or walnuts
- 1 recipe Streusel Topping
- 1 recipe Mango Curd

In a large mixing bowl combine *1½ cups* of the flour, brown sugar, baking powder, baking soda, salt, and cloves. Add banana and oil. Beat with an electric mixer on low speed till blended, then on high speed for 2 minutes. Add eggs; beat till blended. Stir in remaining flour and nuts.

Pour batter into 2 greased 8x4x2-inch or 9x5x3-inch loaf pans. Sprinkle with Streusel Topping. Bake in a 350° oven for 60 to 65 minutes or till a toothpick inserted near the center comes out clean. Cool in pans on a

Bread Winners

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Carefully transfer to a greased baking sheet. Spread the filling lengthwise in a 3-inch-wide strip down the center of the rectangle to within 1 inch of the ends.

On both long sides, make 3-inch cuts from the edges toward the center at 1-inch intervals. Moisten the end of each dough strip. (This will help to seal the dough when overlapped.)

Starting at one end, alternately fold opposite strips of dough at an angle across the filling. Slightly press the moistened ends together in the center to seal (see photo, page 174). Cover and let rise in a warm place till nearly double (about 30 minutes).

Bake in a 350° oven for 25 to 30 minutes or till the loaf is golden brown. Brush the top with melted margarine or butter. Cool slightly on a wire rack before cutting. Serve with a German-style mustard, if desired. Cover and refrigerate any leftover bread. Makes 10 to 12 servings.

Nutrition facts per serving: 298 cal., 17 g total fat (6 g sat. fat), 39 mg chol., 522 mg sodium, 27 g carbo., 2 g fiber, and 11 g pro. Daily Value: 23% vit. A, 3% vit. C, 3% calcium, and 4% iron.

Tender, Not Tedious.

Sunshine Barbecue Chicken

Prep Time: 6 minutes **Cooking Time: 40 minutes**

- 1 Reynolds® Oven Bag, large size (14" x 20")
- 2 tablespoons flour
- 1 cup barbecue sauce
- 1/4 cup orange juice
- 8 skinless chicken piec

- **PREHEAT** oven to 350°F.
- **SHAKE** flour in Reynolds Oven Bag; place in 13x9x2-inch
- **ADD** barbecue sauce and orange juice to bag. Squeeze b in flour. Add chicken to bag. Turn bag to coat chicken with Arrange chicken in an even layer.
- **CLOSE** bag with nylon tie; cut six 1/2-inch slits in top.
- **BAKE** until chicken is tender, 40 to 45 minutes. To serve, st sauce and spoon over chicken.

Makes 4 servings.



cculent, Not Stressful.

& Sour Chicken

Prep Time: 11 minutes **Cooking Time: 30 minutes**

olds® Oven Bag, size (14" x 20")
spoons flour
packed brown sugar
vinegar
spoons soy sauce
1 can (20 oz.) pineapple chunks in juice, drained
1 medium green pepper, cut in rings or strips
4 skinless, boneless chicken breast halves
Hot cooked rice

AT oven to 350°F.
flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
ugar, vinegar and soy sauce to bag. Squeeze bag to blend in
d pineapple and green pepper to bag. Add chicken to bag. Turn
coat chicken with sauce. Arrange ingredients in an even layer.
bag with nylon tie; cut six 1/2-inch slits in top.
until chicken is tender, 30 to 35 minutes. Serve over rice.
4 servings.



wire rack for 10 minutes. Remove from pans; cool completely. Wrap and store overnight at room temperature before slicing. Serve with Mango Curd. Makes 2 loaves (16 slices per loaf).

Streusel Topping: In a small mixing bowl combine ⅓ cup packed brown sugar and ¼ cup all-purpose flour. With a pastry blender or 2 forks, cut in 2 tablespoons margarine or butter till mixture resembles coarse crumbs. Stir in ⅓ cup chopped toasted macadamia nuts or toasted walnuts.

Nutrition facts per bread slice: 224 cal., 13 g total fat (2 g sat. fat), 27 mg chol., 126 mg sodium, 25 g carbo., 1 g fiber, and 3 g pro.

Mango Curd: In a large saucepan stir together ¾ cup sugar and 2 tablespoons cornstarch. Stir in 1 cup pureed mango, ¼ cup margarine or butter, 2 tablespoons lemon juice, and 1 tablespoon finely shredded orange peel. Cook and stir over medium heat till thickened and bubbly. Slowly stir about *half* of the mixture into 6 beaten egg yolks. Then return all of the egg yolk mixture to the saucepan. Bring to a gentle boil. Cook and stir for 2 minutes more. Cover surface with plastic wrap and chill till serving time. Makes 2 cups.

Nutrition facts per tablespoon: 48 cal., 2 g total fat (0 g sat. fat), 40 mg chol., 18 mg sodium, 6 g carbo., 0 g fiber, and 1 g pro.

GINGER-DATE PUMPKIN LOAVES

Dates dress up the flavors you love in pumpkin pie.

2 cups all-purpose flour
1 cup sugar
1 Tbsp. finely chopped crystallized ginger
2½ tsp. baking powder
½ tsp. baking soda
½ tsp. ground nutmeg
¼ tsp. salt
1 cup canned pumpkin
½ cup milk
2 eggs
⅓ cup shortening
1 cup chopped pitted dates
1 recipe Spiced Glaze

In a medium mixing bowl stir together *1 cup* of the flour, sugar, ginger, baking powder, baking soda, nutmeg, and salt. Add pumpkin, milk, eggs, and shortening. Beat with an electric mixer on low to medium speed about 30 seconds or till combined. Then beat on high speed for 2 minutes, scraping sides of bowl occasionally. Add the remaining flour; beat till well mixed. Stir in dates.

continued on page 179

Appetizing, Not Agonizing.

Chicken & Green Bean Dinner

Prep Time: 15 minutes **Cooking Time: 45 minutes**

1 Reynolds® Oven Bag, large size (14" x 20")
1 tablespoon flour
1 can (10-3/4 oz.) condensed cream of mushroom soup
1 package (9 oz.) frozen cut green beans, defrosted
1/2 cup chicken broth
1/4 teaspoon pepper
1 can (2.8 oz.) French-fried onions, divided
6 skinless chicken pieces
Seasoned salt and pepper

- **PREHEAT** oven to 350°F.
- **SHAKE** flour in Reynolds Oven Bag; place in 13x9x2-inch baking pan.
- **ADD** soup, green beans, chicken broth, pepper and 1/2 can of onions to bag. Squeeze bag to blend in flour. Arrange ingredients in an even layer. Sprinkle chicken with seasoned salt and pepper. Place chicken in bag: sprinkle with remaining onions.
- **CLOSE** bag with nylon tie; cut six 1/2-inch slits in top.
- **BAKE** until chicken is tender, 45 to 50 minutes. To serve, stir sauce. Makes 4 servings.





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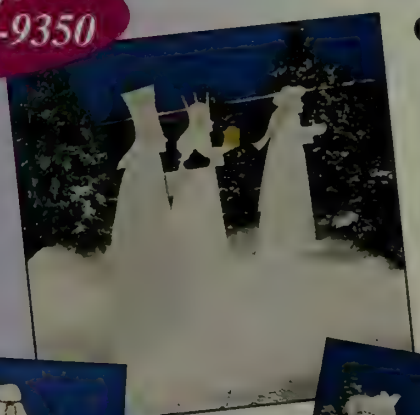
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Bread Winners

continued from page 177

Pour batter into five 4½x2½x1½-inch individual loaf pans or two 8x4x2-inch loaf pans, filling about ⅔ full. Bake in a 350° oven for 35 to 40 minutes for smaller loaves or about 45 minutes for larger loaves or till a toothpick inserted near the centers comes out clean. Cool in pans on wire racks for 10 minutes. Remove from pans; cool completely. Wrap and store overnight at room temperature. Before serving, drizzle with Spiced Glaze. Makes 5 smaller loaves or 2 larger loaves (about 25 slices).

Spiced Glaze: In a small mixing bowl stir together ½ cup sifted powdered sugar and ⅛ teaspoon ground ginger. Stir in enough water (2 to 3 teaspoons) to produce an icing of drizzling consistency.

Nutrition facts per slice: 129 cal., 3 g total fat (1 g sat. fat), 17 mg chol., 70 mg sodium, 24 g carbo., 1 g fiber, and 2 g pro. Daily Value: 22% vit. A, 0% vit. C, 4% calcium, and 5% iron.

SWEET ONION WHEAT BUNS

- 2 Tbsp. margarine or butter
- 2 tsp. brown sugar
- 1 large onion, thinly sliced
- 1 cup all-purpose flour
- ¾ cup whole wheat flour
- 1½ tsp. baking powder
- ¾ tsp. salt
- ¾ tsp. dried sage, crushed
- ½ tsp. baking soda
- 1 beaten egg
- 1 8-oz. carton plain lowfat yogurt
- 2 Tbsp. brown sugar

In a large skillet combine margarine or butter and the 2 teaspoons brown sugar. Cook and stir over medium heat about 1 minute or just till blended. Add onion. Cook, uncovered, over low heat for 10 to 12 minutes or till onion is very tender and light brown, stirring occasionally. Set some of the smaller onion rings aside for a garnish. Don't drain off margarine. Chop the remaining onion.

In a large mixing bowl combine flours, baking powder, salt, sage, and baking soda. Combine egg, yogurt, and the 2 tablespoons brown sugar. Add egg mixture to flour mixture; stir just till moistened. Stir in chopped onion and margarine mixture. (The dough will be slightly sticky.)

With a ¼- or ⅓-cup measure, scoop dough into mounds on a greased baking sheet. With wet hands, form mounds into rounded buns, about 1 inch thick. Top with reserved onion rings, pressing them gently into buns.

Bake in a 400° oven about 12 minutes or till buns are golden brown and a toothpick inserted in the center comes out clean. Serve warm. Makes 8 to 10 buns.

Nutrition facts per serving: 168 cal., 4 g total fat (1 g sat. fat), 28 mg chol., 410 mg sodium, 27 g carbo., 2 g fiber, and 6 g pro. Daily Value: 5% vit. A, 2% vit. C, 11% calcium, and 9% iron.

ALMOND BRUNCH LOAF

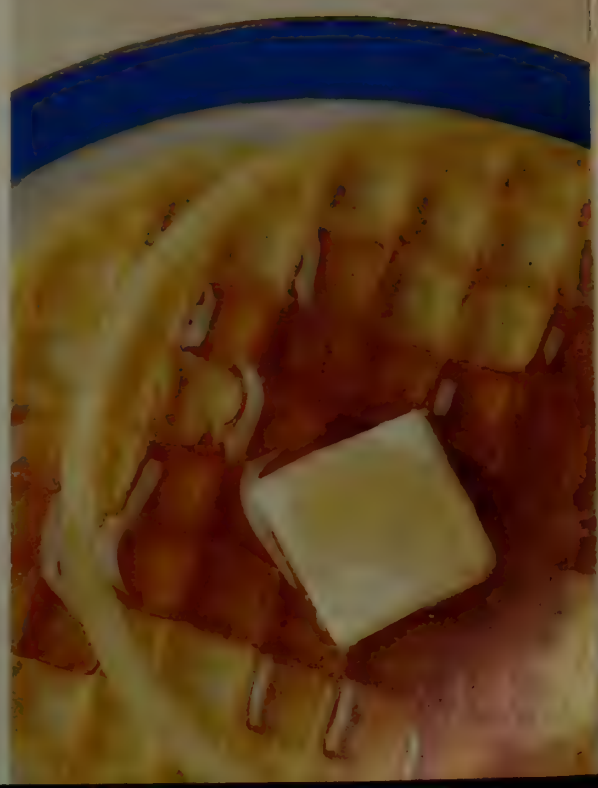
- ½ cup orange juice
- 1 egg
- 2 Tbsp. margarine or butter
- ½ tsp. salt
- 2¼ cups bread flour (2 to 2¼ cups for conventional method)
- 1 Tbsp. sugar
- 1½ tsp. active dry yeast
- ⅔ cup almond cake and pastry filling (not almond paste)
- 3 Tbsp. chopped toasted almonds
- 1 tsp. grated orange peel
- Orange juice
- Granulated sugar or superfine sugar

Add orange juice, egg, margarine or butter, salt, bread flour, sugar, and yeast to a bread machine according to manufacturer's directions. (Or, follow the directions for conventional method.) Select dough cycle. When dough cycle is complete, remove dough from machine. Cover and let rest for 10 minutes.

continued on page 180

Quick.

HOW DO YOU WAKE UP YOUR WAFFLES?





Bread Winners

continued from page 179



When flipping alternate strips of dough, slightly twist so a cut side faces up.

On a lightly floured surface, roll dough into a 24x8-inch rectangle. In a small mixing bowl stir together almond filling, almonds, and orange peel. Spread filling over dough to within ½ inch of the edges.

Fold dough loosely from a short side, making about eight 3-inch-wide folds. (This is similar to rolling a jelly roll, except you fold the dough instead of rolling it.) Transfer to a lightly greased baking sheet*. On one of the long sides, make eleven 2½-inch cuts from the edge toward the center at about ¾-inch intervals. Flip every other strip of dough over to the alternate side. Slightly twist each strip, exposing the filling (see photo, left). Cover and let rise in a warm place till nearly double (about 30 minutes).

Bake in a 350° oven for 25 to 30 minutes or till golden brown. If necessary, cover loosely with foil during the last 5 to 10 minutes to prevent overbrowning. Lightly brush the bread surface with orange juice; sprinkle with sugar. Serve warm. Makes 12 servings.

Conventional method: In a medium mixing bowl combine *1 cup* of the flour and yeast. In a small saucepan heat and stir the ½ cup orange juice margarine or butter, sugar, and sal till warm (120° to 130°) and mar- garine almost melts.

Add to flour mixture; add egg Beat with an electric mixer on lov speed for 30 seconds, scraping bow constantly. Beat on high speed for minutes. With a spoon, stir in a much of the remaining flour as yo can. Turn dough out onto a lightly floured surface. Knead in enough o the remaining flour to make a mod erately soft dough that is smooth an elastic (3 to 5 minutes total). Shap into a ball. Place in a greased bowl turn once to grease surface.

Cover and let rise in a warm plac till double (about 1 hour). Punch dough down. Turn out onto a lightl floured surface. Cover and let rest fo 10 minutes. Roll dough into a 24x8 inch rectangle and continue wit baking procedure as directed.

Note: If you own an insulated bakng sheet, use it so the loaf bakes hrough without overbrowning.

Nutrition facts per serving: 192 cal., 5 total fat (1 g sat. fat), 18 mg chol., 37 mg sodium, 32 g carbo., 2 g fiber, nd 5 g pro. Daily Value: 3% vit. A, 0% vit. C, 1% calcium, and 9% iron.

WHOLE-GRAIN BREAD

- ¾ cup milk
- 1 egg
- 1 Tbsp. molasses or honey
- 1 Tbsp. margarine or butter
- ½ tsp. salt
- 1⅓ cups bread flour
- ¾ cup whole wheat flour
- ½ cup four-grain cereal flakes or cornflakes
- 1 tsp. active dry yeast
- ¼ cup shelled unsalted sunflower seed or chopped pecans

Add the ingredients to a bread achine according to manufacturer's irections. Bake and cool as directed. lice and serve or toast slices and erve with honey. Makes one 1-ound loaf (10 slices).

Nutrition facts per slice: 154 cal., 4 g otal fat (1 g sat. fat), 15 mg chol., 134 ng sodium, 24 g carbo., 2 g fiber, and g pro. Daily Value: 3% vit. A, 1% it. C, 4% calcium, and 11% iron.

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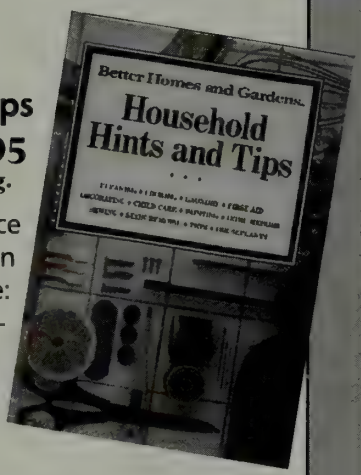
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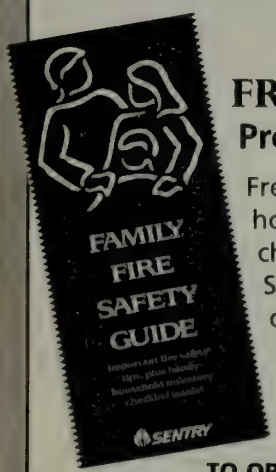
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THIS MONTH'S WINNERS—pages 189 and 190
All winners received a TUPPERWARE Freezer Mates Starter Set.

$200 Winners: Julie Brady, Stoneham, Mass.; Edwina Gadsby, Great Falls, Mont.

$100 Winners: Muriel Jernigan, Mims, Fla.; Gill Morin, Methuen, Mass.

Honor Roll: Colleen Brown, Oakland, Calif.; Tamara Burn, Downers Grove, Ill.; Daphne Doerr, Bridgewater, Mass.; Wolfgang Hanau, North Miami, Fla.; Linda Morten, Katy, Texas; Bobbi Jo Thatcher, Plymouth, Mass.

HINTS FOR THIS MONTH'S CATEGORIES

Blue-Ribbon Steaks and Chops: What makes your choice cuts really sizzle? Send in your secret seasoning blends or saucy fix-ups for beef, pork, or lamb.

Special Cheesecakes: America's favorite dessert goes beyond cream cheese in a crust. Your favorite may have a filling of chocolate, fruit, or liqueur in a crust of nuts, cookies, or flaky phyllo. Or, it may have a special topping

CONTEST RULES: 1. The contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families. 2. With each entry, clearly print or type your name, address, and recipe marked "May Blue-Ribbon Steaks and Chops" or "May Special Cheesecakes." Specify brands and recipe origin. 3. Address recipes to 9605 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023. 4. Postmark all entries by October 31, 1995. 5. Monthly winners will be selected about 60 days later, then notified by mail. Top winners must sign an affidavit and release. The annual grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and will be notified by mail. 6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law. ♦

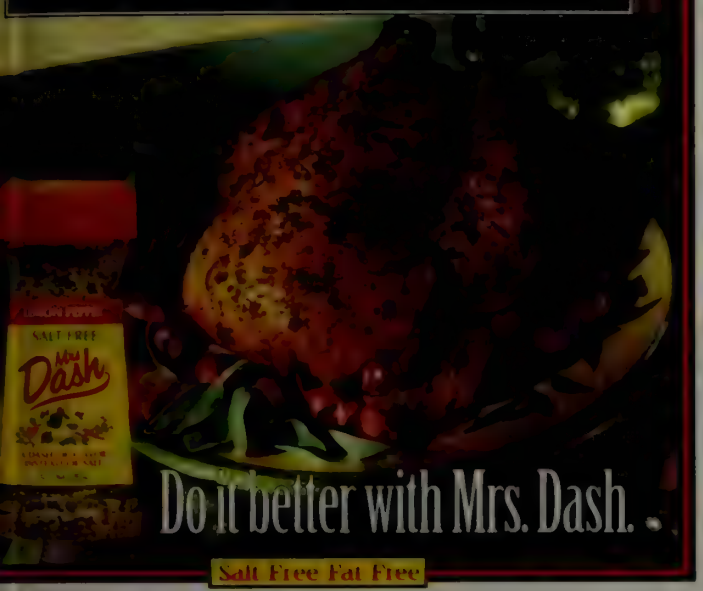
Admirable Bird

Mrs. Dash Roasted Lemon Chicken

One whole chicken (2¼-2½ lbs.)
¼ cup hot water
2 tsp. instant chicken bouillon
3 Tbsp. Mrs. Dash Lemon Pepper
1 Tbsp. dried oregano

- Preheat oven to 400°F. Place chicken in roasting pan. Combine hot water and bouillon; pour over chicken.
- Combine Mrs. Dash Lemon Pepper and oregano. Coat chicken with mixture.
- Bake (covered with aluminum foil) 50 minutes. Remove foil. Baste. Bake uncovered for 15 minutes or until golden brown and chicken is done.

(Serves 3-4)



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Ethel Edmonds, *Huntington W. Va.*

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Kathy Campbell, *Benicia, Calif.*

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the clever cook

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Mary Ruff, *Creamery, Pa.*

Lotsa Pizza-z

Mrs. Dash Pronto Pizza

One 8-inch Italian-style flat bread
1/4 cup sun-dried tomatoes
1/4 cup chopped green pepper
1/2 tsp. dried basil
1/4 cup part-skim shredded mozzarella cheese
1/2 tsp. Mrs. Dash Extra Spicy

Preheat oven to 435°F. Place bread on baking sheet. Top with sun-dried tomatoes and green pepper. Combine cheese, Mrs. Dash and basil. Sprinkle over pizza. Bake 5-7 minutes or until cheese is melted and bread is hot. Serve immediately. (Serves 1)



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PRIZE TESTED RECIPES®

see page 186 for details

$200 WINNER

Edwina Gadsby, Great Falls, Mont., in the Pear Desserts Category.

October 1995



Ginger Pear Galette

Frozen puff pastry makes a flaky crust similar to a French tart or galette (gah-LEHT).

- ½ of a 17½-oz. pkg. (1 sheet) frozen puff pastry
- 1 slightly beaten egg white
- 2 Tbsp. all-purpose flour
- 2 Tbsp. granulated sugar
- 2 Tbsp. brown sugar
- 1 Tbsp. finely chopped crystallized ginger
- 1 tsp. finely shredded lemon peel
- 2 Tbsp. margarine or butter
- 3 large pears, halved, cored, peeled and thinly sliced
- Whipped cream (optional)
- Crystallized ginger (optional)

Thaw puff pastry according to package directions. Roll out pastry to a 14x11-inch rectangle. Trim to a 12x10-inch rectangle. Place on a parchment-lined baking sheet. Prick pastry with a fork. Build up the sides slightly by folding in about ½ inch of pastry on edges. Brush edges with egg white. Crimp or decorate edges with cutouts from pastry trimmings. Brush again with egg white.

In a small mixing bowl stir together flour, granulated sugar, brown sugar, 1 tablespoon ginger, and lemon peel. Cut in margarine or butter till pieces are the size of small peas. Sprinkle *half* of the ginger mixture over pastry. Arrange pear slices on top, overlapping slightly. Sprinkle with the remaining ginger mixture.

Bake, uncovered, in a 400° oven for 18 to 20 minutes or till pastry is golden and pears are tender. Serve warm. If desired, top each serving with whipped cream and crystallized ginger. Makes 8 servings.

Nutrition facts per serving: 247 cal., 13 g fat (1 g sat. fat), 0 mg chol., 156 mg sodium, 33 g carbo., 2 g fiber, 2 g pro. Daily Values: 3% vit. A, 4% vit. C, 0% calcium, 2% iron.

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PRIZE TESTED RECIPES®

see page 186 for details

$200 WINNER

Julie Brady, Stoneham, Mass., in the Pizza Pizzazz Category.

October 1995



Deep-Dish Seafood Pizza

The ultimate splurge—a homemade crust topped with shrimp, spinach, and four cheeses.

- 1½ cups frozen, peeled, cooked shrimp
- 1 cup frozen crab-flavored fish pieces
- 2½ to 3 cups all-purpose flour
- 1 pkg. active dry yeast
- ¼ tsp. salt
- 1 cup warm water (120° to 130°)
- 2 Tbsp. cooking oil
- 1½ cups shredded mozzarella cheese
- 2 slightly beaten eggs
- ¾ cup shredded extra-sharp cheddar cheese
- ½ of a 10-oz. pkg. frozen chopped spinach, thawed and drained
- ½ cup ricotta cheese
- ¼ cup grated Parmesan or Romano cheese
- ⅛ tsp. ground nutmeg
- Cornmeal

Thaw shrimp and fish; pat dry with paper towels.

For crust, combine *1¼ cups* flour, yeast, and salt. Add water and oil. Beat for 30 seconds, scraping bowl. Beat 3 minutes. Stir in as much remaining flour as you can. Turn out onto a lightly floured surface. Knead in enough remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes). Cover; let rest 10 minutes.

Set aside *½ cup* shrimp and *½ cup* mozzarella. Coarsely chop fish. Combine remaining shrimp and mozzarella, fish, eggs, cheddar, spinach, ricotta, Parmesan, and nutmeg.

Grease a 12-inch pizza pan. Sprinkle with cornmeal. On a lightly floured surface, roll dough into a 13-inch circle. Transfer to pan. Build up edges slightly. Bake, uncovered, in a 450° oven for 10 to 12 minutes or till light brown. Spread seafood mixture over crust. Sprinkle with reserved shrimp and mozzarella. Bake for 20 to 25 minutes more or till cheese is melted. Makes 8 servings.

Nutrition facts per serving: 368 cal., 15 g total fat (7 g sat. fat), 143 mg chol., 549 mg

PRIZE TESTED RECIPES®

$100 WINNER

[illegible] Jernigan, [illegible]s. Fla., in the Pizza Pizzazz Category.
October 1995



Muffuletta Pizza

Use the filling from the famous New Orleans sandwich to top a readymade crust.

- ½ cup finely chopped celery
- ¼ cup chopped pimiento-stuffed green olives
- ¼ cup chopped pepperoncini salad peppers
- 2 Tbsp. olive oil
- 1 small clove garlic, minced
- 1 tsp. dry Italian salad dressing mix
- 3 oz. fully cooked ham, diced
- 3 oz. salami, diced
- 1½ cups shredded provolone cheese (6 oz.)
- 1 16-oz. (12-inch) Italian bread shell (Boboli brand)

In a small mixing bowl stir together celery, olives, peppers, olive oil, garlic, and salad dressing mix. Cover and chill overnight.

Stir ham, salami, and cheese into olive mixture. Spoon atop bread shell. Bake, uncovered, in a 375° oven for 12 to 15 minutes or till heated through and cheese is melted. Makes 8 servings.

Nutrition facts per serving: 321 cal., 17 g fat (6 g sat. fat), 31 mg chol., 1,088 mg sodium, 26 g carbo., 1 g fiber, and 17 g pro. Daily Values: 5% vit. A, 5% vit. C, 19% calcium, and 11% iron.



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$100 WINNER

Gill Morin, Methuen, Mass., in the Pear Desserts Category.
October 1995



Apricot-Glazed Pears

Bake this dessert slow and easy, or pop it into your microwave oven for a few minutes.

- ⅓ cup apricot jam
- ¼ cup orange juice
- 4 medium pears, halved, peeled, and cored
- Whipped cream (optional)
- Ground nutmeg (optional)

In a 2-quart rectangular baking dish stir together jam and orange juice. Place pears in dish, cut side down; spoon sauce over top. Bake, covered, in a 350° oven for 25 to 30 minutes or till tender.

Serve warm in individual dessert dishes. Spoon sauce over pears. If desired, top with whipped cream and nutmeg. Makes 4 servings.

Microwave directions: Prepare as directed, except decrease orange juice to 3 tablespoons. Arrange pear halves in a 2-quart microwave-safe baking dish. Cover with plastic wrap; turn back a corner to vent steam. Cook on 100% power (high) for 6 to 9 minutes or till tender, rearranging pears once during cooking. Serve as directed.

Nutrition facts per serving: 178 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 45 g carbo., 5 g fiber, and 1 g pro. Daily Values: 0% vit. A, 23% vit. C, 2% calcium, and 4% iron.

Photographs: Scott Little

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MOST PARENTS OF BED WETTERS THINK THERE IS VERY LITTLE THEY CAN DO TO HELP.

Some 3 million children, 10% of all kids between 5 and 10, wet the bed twice a week or more. If your child is in school, chances are at least two of his classmates are in the same leaky boat. No child should ever feel alone with this problem. But, of course, they do.

The good news: More is known than ever before that can help. Once, the only sure cure was time. 99.9% of our children leave this problem in the dust as they grow. And now there are some new ways to give time a hand.

THE BEST BEGINNING

For starters, pediatricians know a lot more about the causes of "enuresis" (that's the official medical name for it) than they used to.

Doctors today deal with this problem all the time. They have new techniques and sometimes medicines that can help manage bed-wetting, if not eliminate it altogether.

And now (finally!), there are pants you can buy that can make a real difference at your house, every night and every morning. Your child will still wet. He can't help it. But from now on, that doesn't have to mean he has to wet the bed.

TOMORROW CAN BE DIFFERENT

The makers of Pull-Ups® training pants have invented the first and only disposable underpants for larger children, 45 to 85+ pounds.

Pull-Ups® GoodNites® disposable absorbent underpants eliminate the rubber sheets and the laundry and much of the stress that make nighttime accidents into a bigger deal than they really are, and make our children feel small. Smaller than they really are.

GoodNites look a lot like plain white underpants, except slightly thicker. They come in two sizes and even have a label in the back. The trim fit helps GoodNites underpants vanish discreetly under pajamas, while the super absorbent middle is ready, just in case. In every detail, the GoodNites people have done everything possible to make th absorbent underpants respect our kids like th grown-ups they soon will be.

THE WAY THINGS SHOULD BE

If yours is already a GoodNites family, there some good news for you, too. GoodNites are n even more absorbent than before.

If GoodNites underpants are new to you, nov the time to try them. You will rejoice that you did.

GoodNites are not a miracle, but there's no ing like them. They help families keep bed-wett in perspective. They help make dry mornings, in crisp clean sheets, routine. And make sleep-ov and other normal, healthy everyday kid things routine, too. The way they should be.

THE GOODNITES GUIDES

GoodNites underpants were developed with th help of pediatricians and other childhood speciali. You'll find much of their good advice in these little booklets. One is written for parents. The other is your child. For copies, please send $1 for postag and handling to: GoodNites Guides, P.O. Box 11 Maple Plain, MN 55592.



GoodNites® mean Good Mornings!

®Registered trademark of Kimberly-Clark Corporation

BH&G kids™



weird science

It's a gas. Learning about the world around us is great fun. Have you ever thought about the minerals in your food? Or have you discovered the magic of magnets? The following pages are full of experiments and tricks you can do with stuff you find around the house. Go mad!

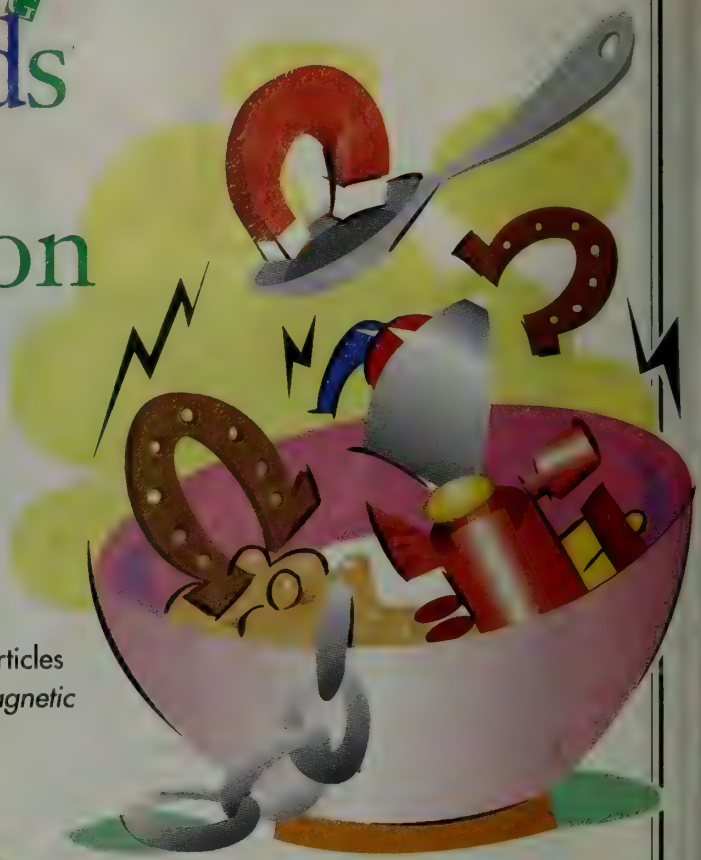
by Barbara Hall Palar

continued on page 194

continued from page 193

BH&G kids

Breakfast of iron



You might think that the kind of iron that comes in vitamin pills is not the "regular" kind of iron that gets dumped into blast furnaces and made into car fenders.

Actually, it is. Iron is iron. You have car fender ingredients running through your veins as you read these words.

Here's how you can prove it: Mash two or three cups of iron fortified cereal in water. Stir a strong magnet through the slurp for a couple minutes. When you pull the magnet out, you'll notice a thin coat of ground-up iron particles (looks like black hairy fuzz). —From *The Klutz Book of Magnetic Magic*. To order the book, see *page 204*.



Green slime

EEeew. It's a swamp; it's a prehistoric bog. It's slime from outer space. It's whatever you want it to be.

You'll need:

2 cups liquid starch

2 cups white glue

food coloring

Add a few drops of food coloring to white glue. Stir in liquid starch, small amounts at a time. Keep stirring until the mixture is smooth and rubberlike. The dough should move away from sides of the bowl and be sticky to the touch. Add a few more drops of starch to eliminate the sticky feel. Store in an airtight container and refrigerate overnight.

Caution: this stuff is gooey! Cover your work surface with newspaper, and avoid carpeting. *—by Carol Ann Bloom*

continued on page 196


THICK, RICH CHUNKS OF
HERSHEY'S MILK CHOCOLATE
PRESENTING HERSHEY'S NUGGETS™
Because we all deserve something we can sink our teeth into.
HERSHEY'S
Nuggets
HERSHEY'S
Cookies 'n' Mint
Nuggets
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continued from page 194

BH&G kids



WHAT YOU'LL NEED

- clear plastic or latex gloves
- twist ties
- scissors
- sugar-free flavored fruit drink mix
- gummy worms (optional)

Cool ghoul treats

If the gloves have a powdery residue inside, turn them inside out and soak in warm water or wipe with soapy water and rinse. Allow gloves to dry. Or, turn gloves inside out, leaving the powdery side to the outside.

Mix your favorite fruit drink (sugar-free liquid freezes better than liquids with sugar) and pour into the gloves. Add enough drink to fill the gloves loosely but not so full that the fingers will not move. Fasten the gloves tightly with a twist tie. Place paper towels on a cookie sheet and lay the hands on the paper towels. Freeze. When hands are frozen solid, carefully cut off gloves with scissors. Float hands in a bowl of punch for scary fun. If you wish, you may add gummy worms to the juice before freezing.

—by Carol Ann Bloom

continued on page 198



The best back-to-school look is no cavities.

If no cavities is the goal at your kid's next checkup, it's possible with Colgate Cavity Protection, regular brushing, and flossing. Because Colgate with fluoride penetrates teeth to help stop cavities. Put it to the test.

Colgate CAVITY PROTECTION

"Colgate Cavity Protection Toothpaste with fluoride has been shown to be an effective decay-preventive dentifrice that can be of significant value when used as directed in a conscientiously applied program of oral hygiene and regular professional care."-Council on Dental Therapeutics, American Dental Association. © 1995 Colgate-Palmolive Co

BH&G kids

continued from page 196



The paper clips that lived

Don't let them out! They'll take over your mind, your life, your stapler!

Place a magnet on the underside of a jar lid. Tie threads to several paper clips as shown, and tape the other end of the thread to the bottom of the jar. Cut the thread to the right length so the clip will hang in the force field of the magnet when you screw the lid on. *Note: You can create the same effect with a needle and thread.*

This project, and the Breakfast of Iron idea on *page 194*, are from *The Klutz Book of Magnetic Magic* by Paul Doherty and John Cassidy (Klutz Press, Palo Alto, California). If you have a magnetic personality, you might want to order the book. See *page 204*.

Waterscope wonders

What hides beneath the surface of a pond or stream? To find out, cut the bottom and top off a milk carton. Cover the bottom and halfway up the sides with plastic wrap. Hold plastic tightly in place with a rubber band. Carefully put your waterscope in the water and look inside. What do you see?

You'll find this and other great ideas in the Trek Pak action/adventure belt from Wild Planet. Call 800/247-6570 for buying information. (Look for Trek Pak and other great toys in the *BH&G Kids* holiday gift-giving guide next month.)



Citibank (South Dakota), N.A.

Congratulations!
It's a boy!





And a girl!

And a boy!





EMERGENCY CREDIT LINE EXTENSION
can help you deal with life's little surprises. It's one more reason to carry The Citibank Card. To apply call 1-800-CITIBANK.
THE CITI NEVER SLEEPS.

Got your Citibank Card?

Ahh-Chew!



New Benadryl® Allergy Chewables. With the great grape taste that makes it easier to treat your kid's allergy symptoms.



The allergy medicine most recommended by pediatricians is now easier than ever to take. Because along with Benadryl Allergy Liquid Medication, now there's Benadryl Allergy Chewables. The same Histamine Blocking strength to relieve runny nose, itchy eyes and sneezing, but in a great grape taste kids love. Another great way Benadryl gets kids with allergies back outside where they want to be.

THE HISTAMINE BLOCKER

For Kids

Brrrr...it's Squall® Jacket time again!

(Better call for a free Lands' End® catalog.)



With the worst of winter only a shiver or two away, it's not a moment too soon to call for our catalog.

Which will tell you all about the Lands' End Squall Jacket – a hardy cold-weather companion that can stand up to anything winter throws at you.

Our October issue features page after page of other rugged, handsome Lands' End winter wear, too.

Not just other Squalls, but our improved Down Parka. Feature-packed Gore-Tex® Rainwear. Field Coats in canvas, denim or corduroy. Pullovers, jackets and vests of warm-but-almost-weightless Polartec™ 200. And so much more....

Like everything in the Lands' End catalog, our winter outerwear is handsome, classically-styled clothing. All fine quality, and priced very fairly.

Shopping Lands' End is as easy as picking up a phone. A friendly operator is always there to help you – any time, day or night.

Usually, we deliver in a matter of days. And everything comes with our unconditional guarantee – it's "Guaranteed. Period.®"

Why not call for our catalog now? Before you start shivering.

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Guaranteed. Period.®

For our free catalog call

1-800-920-1469

Please mention ad XF

E-Mail: catalogs-xf@landsend.com

Patent 5,191,877

patches that hole in the wall you call a fireplace.

Traditional fireplaces actually suck the heat out of a house. That's why we invented direct vent gas fireplace inserts. They're over 75% efficient. And instead of a match, you're holding a remote control.

Find out more by calling **1-800-669-4328** (or e-mail us at hng@winternet.com).

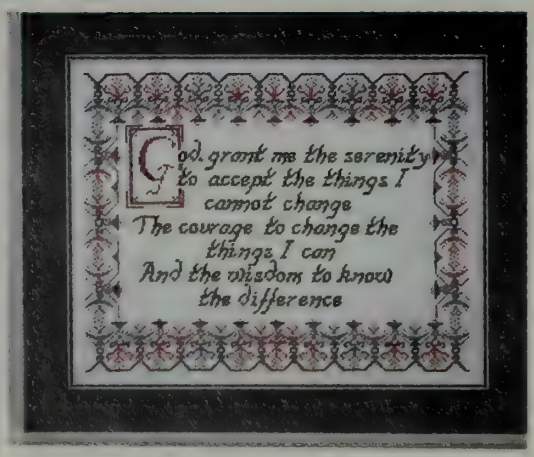


HEAT-N-GLO

Inspirational, Heartfelt Sentiment

Serenity Prayer Sampler Kit

In Stamped or Counted Cross-Stitch



Stitch America's most-recognized inspirational sentiment on this sampler featuring a spectacular border. By special arrangement with Willmaur Crafts Corporation, *Better Homes and Gardens*® magazine is pleased to offer this kit in stamped cross-stitch (finished size 16×20) or counted cross-stitch (finished size 12×15). The kit comes with a full-color photo, silk-screened poly/cotton fabric for stamped version *or* 14-count Aida fabric for counted version, cotton embroidery floss, chart, needle, and complete instructions.

TO ORDER To order the Serenity Prayer Sampler Kit, send check or money order for $17.95 to: *Better Homes and Gardens*® Reader Shopping Service, Dept. R9409, P.O. Box 9128, Des Moines, IA 50306-9128. *Please be sure to specify stamped or counted version.* Price includes shipping, handling, and sales tax, if applicable.

BUILDING

Counter Offensive

Scrapes, burns, stains, and other blemishes are inevitable with any countertop. When countertops are made from solid-surface material, most marks can be easily erased.

Introduced as Corian by the DuPont Company more than 25 years ago, solid surfacing also includes Avonite, Swanstone, Fountainhead, Surell, and Gibraltar. These acrylic and polyester-based materials are made from different formulas, so cleaning instructions do vary somewhat.

It's critical to consider your counter's finish style before you start scrubbing. Scars and stains won't stand out on counters with low-luster matte finishes, the most popular style. But scratches on high-gloss finishes can be a problem. Think twice before installing shiny surfaces in a kitchen, and always clean gently.

Most stains can be removed from any finish with warm, soapy water. Some spots don't wipe off easily because they include gummy deposits that smear or streak. To remove this type of stain, try scrubbing it lightly with a soft brush that has been dipped in dishwashing liquid. If this doesn't work, sprinkle the spot with a little baking soda and brush lightly. On matte finishes, stubborn marks such as cigarette burns may require an abrasive cleaner. If blemishes persist, sand with 240-grit sandpaper and follow with finer 400-grit sandpaper. Polishes and protectants are available.

Detailed cleaning instructions are available through the manufacturer or fabricator. Always test new techniques or cleaners on a little-seen part of your counter.

Nature's Treasures

Rockhounding in the Black Hills

An island of mountains in a sea of prairies and rangeland, South Dakota's Black Hills are well-known for their beauty and natural bounty. Everywhere is a visual feast—spectacular gorges and canyons, rushing waterfalls, and dark green forests.

Why, then, are all those people hunched over, their eyes to the ground? In a word: Rockhounds. More and more vacationers are poking, picking, and prodding in the dirt, searching for rocks, minerals, and gemstones. The Black Hills area is one of the top in the country for variety of minerals, from geodes and crystals to quartz and agates.

A good starting point is The Museum of Geology at South Dakota School of Mines and Technology in Rapid City. Exhibits provide an interesting overview of what you're likely to find where. Or, drop in at a local spot, such as Scott's Rock Shop in Custer (605/673-4859). You'll find rock hammers and other tools there, plus some friendly guidance. Follow maps to nearby Forest Service Lands, clamber up rubble, scrape away this, and poke at that. You may not get rich, but you'll find lots to collect and perhaps fashion into jewelry. There's no digging or collecting allowed in private property or the national parks. If in doubt, check with the Forest Service.

Other gems. Get your nose out of the dirt long enough to visit such national treasures as Mount Rushmore, Custer State Park, and Crazy Horse Memorial. For a different kind of treasure seeking, head for the town of Deadwood. Proceeds from legalized gaming there are

continued on page 74

Travel Advertising

Free vacation information

ARKANSAS

1. **Arkansas Parks & Tourism**—Arkansas offers so much to do: history, shopping, night life, fishing, hiking. Free vacation planning kit. 1-800-NATURAL.

CALIFORNIA

2. **Palm Springs Desert Resorts**—Free vacation planner and R&R Club discount brochure. 1-800-41-RELAX.

CANADA

3. **Quebec**—Unspoilt wilderness, scenic resorts, sophisticated cities, superb dining. Call 1-800-363-7777, Opr. 056.

CONNECTICUT

4. **Connecticut Tourism**—Preview Connecticut's fall and winter vacation surprises with a free vacation planner. 1-800-CT-BOUND, Ext. 321.

CRUISES

5. **Cruise Vacations!**—For great rates & sailing dates, call 1-800-Take-Off.
6. **Consolidated Cruises**—National cruise only agency representing all major cruise lines. Price sells! 1-800-SEA-BOAT.

FLORIDA

7. **The Beaches of South Walton**—18 sparkling white sand beaches on Northwest Florida's turquoise Gulf. 1-800-822-6877, ext. 22.
8. **Bonaventure Resort & Spa**—Ft. Lauderdale, FL is 1,250 acres of fun with 2 golf courses, health spa, 4 restaurants.
9. **Kissimmee-St. Cloud**—Next to Disney. Send for free vacation guide with discount coupons. A1 attractions.
10. **Navarre Beach**—Laid back Northwest Florida beach. Rated one of the nation's best. Off season rates. 1-800-480-SAND.
11. **Pensacola**—Sugar white beaches, emerald Gulf waters and warm southern hospitality. 1-800-874-1234.
12. **Sundial Beach Resort**—Sanibel Island's only full-service resort. Roomy suites. Private beach. 1-800-237-4184.
13. **Return to Your Senses in Florida**—Free Florida Vacation Guide. Call 1-904-487-1462, ext. 17.

INDIANA

14. **Northern Indiana Amish Country**—Spectacular Autumn Foliage and enjoy crisp autumn days on our Fall Color Driving Tour. 1-800-860-5950.

KANSAS

15. **Kansas Treasures**—Treasures of the Czars and more. Kansas Travel Guide. 1-800-2-KANSAS.

KENTUCKY

16. **Lexington**—Tour the legendary Bluegrass Horse Country. Historic homes and villages. Shop for antiques and crafts.

MARYLAND

17. **Maryland Tourism**—Send for a free Maryland travel guide and calendar of events.

MINNESOTA

18. **Visiting the Mall of America? Enjoy Eagan**—FREE shopping bag & coupon book. Near casinos. 1-800-EAGAN-20.

NEW JERSEY

19. **Free Greater Atlantic City Guide**—The best of the Jersey shore. Call 1-800-BOARDWK.

OHIO

20. **State Park Resorts**—8 locations, open year round. Full service, golf, tennis, cocktails. Kids FREE. 1-800-AT-A-PARK.

OREGON

21. **Oregon Tourism**—Free color guide to Oregon's mountains, coastline, trails and all other pleasures. 1-800-547-7842.

PENNSYLVANIA

22. **Pennsylvania**—Free Visitors Guide. 200 pages of attractions, events, discount coupons & PA Road Map. 1-800-VISIT PA, ext. 621.
23. **Pittsburgh**—Great Weekend Getaways! PITTSBURGH! Family, festivals, golf and more.

SOUTH CAROLINA

24. **Charleston & Her Beaches**—The "Historically Perfect" vacation destination. Call 1-800-868-8118.
25. **Hilton Head Island**—Imagine the worldclass golf beautiful beaches and friendly hospitality. For your Vacation Planner, call 1-800-523-3373.
26. **South Carolina. This Is Your Day in the Sun**—Travel guide & map. 136 pages of beaches, plantations, championship golf. 1-800-346-3634.
27. **The Myrtle Beach Area of South Carolina**—60 miles of safe, sandy beaches. Free information. 1-800-356-3016, Ext. 335.

VIRGINIA

28. **Virginia**—For information on all our beaches, mountains and history, send for a free Virginia Travel Guide.
29. **Hampton**—Southeast Virginia's unique, affordable harbor-front destination. 1-800-800-2202 for free visitor's guide.

WASHINGTON

30. **Washington State**—48 pages of Fall Getaways plus our 128-page, full-color annual travel planner. Free.

BETTER HOMES AND GARDENS TRAVEL VACATION INFORMATION,
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8	16	24	

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City _____

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CIRCLE ITEMS REQUESTED

Offer expires March 15, 1996

Black Hills Bounty

continued from page J3

paying for the town's renovation to recapture its exotic past, when gold fever and gambling ruled the streets in the wild and woolly west. Wild Bill Hickok was killed there, and he's buried by Calamity Jane in Mount Moriah Cemetery high on a bluff overlooking town. Main Street, repaved with bricks, is lined with old-time street lights, eateries, shops (some sell polished stones and Black Hills gold jewelry), and casinos. Kevin Costner's Midnight Star casino features costumes from *Dances with Wolves* and his other films, plus a four-diamond restaurant, Jake's.

Let your imagination linger at The Historic Franklin Hotel, whose restored rooms and suites are named after such famed guests as John Wayne and Teddy Roosevelt ($85–$175; $48–$125 winter; 800/688-1876). The food is excellent at the Franklin 1903 Dining Room. Other lodgings include motels; the Bullock Hotel, which was rebuilt to reflect its past ($65–$145; winters $35–$125; 800/336-1876); and the modern Mineral Palace Hotel ($89–$195; $59–$150 winter; 800/84/PALACE).

To escape the slots, drive the spectacular Spearfish Canyon Scenic Byway beneath towering limestone cliffs (14A, a few miles southwest of town). Trails lead off into the national forest. Winter visitors will be delighted with the area's burgeoning downhill and cross-country skiing and snowmobile trails.

Information: South Dakota Dept. of Tourism: 800/SDAKOTA. Free Rockhound map, area details: Black Hills, Badlands & Lakes Association, 900 Jackson Blvd., Rapid City, SD 57702; 605/341-1462. ⌂

TO ORDER

FREE VACATION INFORMATION
See *page J3* for a list of free travel information and literature.

This place has "new camcorder" written all over it.

Sometimes the only words that can adequately describe things like a 620-foot waterfall, a pristine lake formed inside a crater, or a cozy, century-old bed and breakfast are, "Honey, roll the tape." Trust us, we've tried. In a 104-page tour of Oregon we call the Oregon Travel Guide. Call for a free copy. Inside you'll find lists of things to do, places to see, maps to it all, and pictures. Lots and lots of pictures.



Oregon.
Things look different here.
Call 1-800-547-7842, ext. 12.

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Seven sun-drenched cities offer th finest in accommodations, golf, tenn swimming, nightlife, shopping and m Call for a Free 32-page Vacation Plan and R&R Club discount brochure

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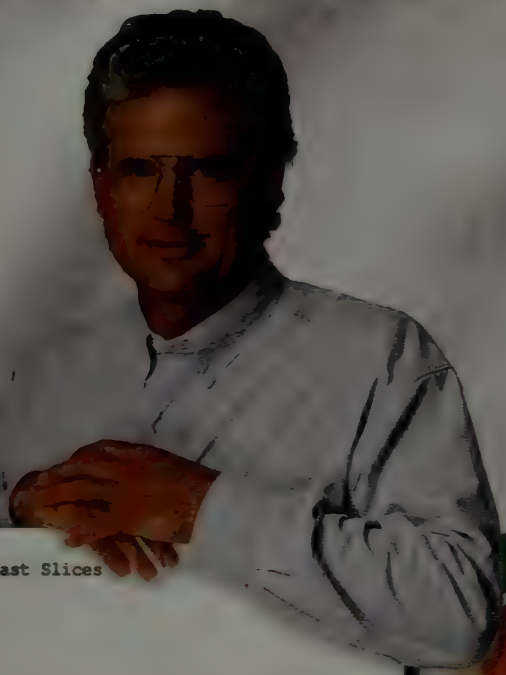
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CONVENTION & VISITORS BUREAU
The Atrium, 69-930 Hwy 111, Suite 201,
Rancho Mirage, CA 92270

WASHINGTON





Stoplights take longer than this.



Turkey Italiano. It's fast. It's easy. And so tasty, guests won't wait for an invitation. Just head for your grocer's fresh meat case. Leftovers won't be a problem. I guarantee it.

The guy behind The Turkey Store®

TURKEY ITALIANO

1 pkg. (about 1 lb.) THE TURKEY STORE® Breast Slices
1/4 cup Italian-style bread crumbs
1/4 cup Parmesan cheese
1 to 2 teaspoons oil
1 1/2 cups spaghetti sauce, heated
1/2 cup shredded mozzarella cheese

In small bowl, combine bread crumbs and Parmesan cheese. Brush turkey breast slices with small amount of water. Coat with crumb mixture.

In large skillet, heat oil over medium high heat until oil sizzles, about 1 minute. Add turkey. Cook 1 1/2 to 2 minutes on each side or until lightly browned.

Place turkey on platter. Top with spaghetti sauce and mozzarella cheese. Serve with pasta, if desired. 4 servings.

PREPARATION TIME: 5 MINUTES **COOK TIME: 5 MINUTES**



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TRUST YOUR DAY TO SELDANE-D®

Sunset. The perfect time for a wedding. Outside. With flowers. It was your dream. But with your seasonal nasal allergies, it could be a nightmare. That's why you may need the reassurance of Seldane-D.

The Seldane-D difference

Seldane-D can give you relief from a full range of major allergy symptoms, including your congested nose—the most common complaint of allergy sufferers. That's because Seldane-D contains a nonsedating antihistamine *plus* a decongestant. Even more importantly, Seldane-D can give you all that relief while letting you stay alert*—unlike over-the-counter remedies that may leave you feeling spacey or drowsy. (In clinical studies, Seldane-D caused no more drowsiness than a placebo [sugar pill].)

Who should not take Seldane-D

Seldane-D isn't for everyone. There are risks for some people. So read this message thoroughly to find out specifically who should not take Seldane-D.

WARNING: YOU MUST NOT TAKE SELDANE-D if you are also taking the prescription antifungal medicines itraconazole (Sporanox®) or ketoconazole (Nizoral®) or the prescription antibiotics erythromycin, clarithromycin (Biaxin®), or troleandomycin (TAO®), or if you have liver disease. DO NOT TAKE MORE THAN the amount prescribed by your doctor. Seldane-D has been associated with rare occurrences of abnormal heartbeats, heart attack, and death under these conditions. Please see important additional information on an adjacent page.

Due to similarities in the drugs, it is also recommended that the antifungal drugs fluconazole, metronidazole, and miconazole, and the antibiotic azithromycin, not be used with Seldane-D.

Tell your doctor before taking Seldane-D if you have any liver or heart problems. Also, while using Seldane-D, tell your doctor if you ever feel faint, become dizzy, or have any irregular heartbeats.

Do not use Seldane-D with any other prescription or nonprescription medicine without first talking to your doctor. If you become pregnant or are nursing a baby, talk to your doctor about whether you should take Seldane-D. Your doctor will decide whether you should take Seldane-D based on the benefits and risks.

It is important to know that a decongestant may produce unwanted side effects or drug interactions, or may complicate existing medical problems.

Pseudoephedrine, the decongestant in Seldane-D (as well as in many over-the-counter allergy medicines), may cause nervousness, dizziness, or significant levels of insomnia. Seldane-D must not be taken with MAO inhibitors, prescription medicines that treat depression. Also, before taking Seldane-D, tell your doctor if you have high blood pressure, heart disease, diabetes, glaucoma, thyroid disease, or symptoms of an enlarged prostate such as difficulty urinating.

It is always important to tell your doctor about any medicines you are using, including MAO inhibitors, antifungals, antibiotics, diet pills, and drugs to treat asthma and lung disease.

Your doctor knows what is best for you

Because Seldane-D is a prescription medicine, only your doctor, or other health care professional authorized to prescribe, can decide if you're a candidate for it. Ask if you can join the millions of people who trust their allergies to Seldane-D. So on your wedding day, if your eyes well up, they'll simply be tears of joy.

To learn how to help control your seasonal allergies and receive the FREE allergy newsletter, *AllerDays*, call:

1 800 603-3124

SELDANE-D®

(terfenadine 60 mg and pseudoephedrine HCl 120 mg)

EXTENDED-RELEASE TABLETS

AVAILABLE BY PRESCRIPTION ONLY

SEASONAL ALLERGY RELIEF. CONGESTION RELIEF.

THE FIRST COMBINATION THAT LETS YOU STAY ALERT.

* In clinical studies involving over 300 patients, the reported incidence of drowsiness with Seldane-D (7.2%) did not differ significantly from placebo (11.4%). In clinical trials, 25.9% of patients taking Seldane-D experienced insomnia compared to 6.2% of patients who received placebo.

SEE ADDITIONAL IMPORTANT INFORMATION ON AN ADJACENT PAGE.

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Brief Summary of
Prescribing Information as of January 1993

SELDANE-D®

(terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets

WARNING BOX

QT INTERVAL PROLONGATION/VENTRICULAR ARRHYTHMIA

RARE CASES OF SERIOUS CARDIOVASCULAR ADVERSE EVENTS, INCLUDING DEATH, CARDIAC ARREST, TORSADES DE POINTES, AND OTHER VENTRICULAR ARRHYTHMIAS, HAVE BEEN OBSERVED IN THE FOLLOWING CLINICAL SETTINGS, FREQUENTLY IN ASSOCIATION WITH INCREASED TERFENADINE LEVELS WHICH LEAD TO ELECTROCARDIOGRAPHIC QT PROLONGATION:

1. **CONCOMITANT ADMINISTRATION OF KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX)**
2. **OVERDOSE, INCLUDING SINGLE TERFENADINE DOSES AS LOW AS 360 MG**
3. **CONCOMITANT ADMINISTRATION OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN**
4. **SIGNIFICANT HEPATIC DYSFUNCTION**

TERFENADINE IS CONTRAINDICATED IN PATIENTS TAKING KETOCONAZOLE, ITRACONAZOLE, ERYTHROMYCIN, CLARITHROMYCIN, OR TROLEANDOMYCIN, AND IN PATIENTS WITH SIGNIFICANT HEPATIC DYSFUNCTION.

DO NOT EXCEED RECOMMENDED DOSE.

IN SOME CASES, SEVERE ARRHYTHMIAS HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. SYNCOPE IN PATIENTS RECEIVING TERFENADINE SHOULD LEAD TO DISCONTINUATION OF TREATMENT AND FULL EVALUATION OF POTENTIAL ARRHYTHMIAS.

(See CONTRAINDICATIONS, WARNINGS, CLINICAL PHARMACOLOGY, AND PRECAUTIONS: DRUG INTERACTIONS.)

DESCRIPTION

SELDANE-D (terfenadine and pseudoephedrine hydrochloride) Extended-Release Tablets are available for oral administration.

Each tablet contains 60 mg terfenadine and 10 mg of pseudoephedrine hydrochloride in an outer press-coat for immediate release and 110 mg pseudoephedrine hydrochloride in an extended-release core. Tablets also contain, as inactive ingredients: colloidal silicon dioxide, ethylcellulose, glycerin, hydroxypropyl cellulose, hydroxypropyl methylcellulose 2208, hydroxypropyl methylcellulose 2910, lactose, magnesium stearate, microcrystalline cellulose, polysorbate 80, precipitated calcium carbonate, pregelatinized corn starch, sodium lauryl sulfate, sodium starch glycolate, talc, titanium dioxide, and zinc stearate.

INDICATIONS AND USAGE

SELDANE-D is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, lacrimation, and nasal congestion. It should be administered when both the antihistaminic properties of SELDANE (terfenadine) and the nasal decongestant activity of pseudoephedrine hydrochloride are desired (see CLINICAL PHARMACOLOGY).

SELDANE-D has not been studied for effectiveness in relieving the symptoms of the common cold.

CONTRAINDICATIONS

CONCOMITANT ADMINISTRATION OF SELDANE-D WITH KETOCONAZOLE (NIZORAL) OR ITRACONAZOLE (SPORANOX) IS CONTRAINDICATED. SELDANE-D IS ALSO CONTRAINDICATED IN PATIENTS WITH DISEASE STATES OR OTHER CONCOMITANT MEDICATIONS KNOWN TO IMPAIR ITS METABOLISM, INCLUDING SIGNIFICANT HEPATIC DYSFUNCTION, AND CONCURRENT USE OF CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMYCIN. QT PROLONGATION HAS BEEN DEMONSTRATED IN SOME PATIENTS TAKING TERFENADINE IN THESE SETTINGS, AND RARE CASES OF SERIOUS CARDIOVASCULAR EVENTS, INCLUDING DEATH, CARDIAC ARREST, AND TORSADES DE POINTES, HAVE BEEN REPORTED IN THESE PATIENT POPULATIONS. (See WARNINGS and PRECAUTIONS: Drug Interactions.)

SELDANE-D is contraindicated in nursing mothers, patients with severe hypertension or severe coronary artery disease, patients receiving monoamine oxidase (MAO) inhibitor therapy, and in patients with a known hypersensitivity to any of its ingredients (see DESCRIPTION section).

WARNINGS

Terfenadine undergoes extensive metabolism in the liver by a specific cytochrome P-450 isoenzyme. This metabolic pathway may be impaired in patients with hepatic dysfunction (alcoholic cirrhosis, hepatitis) or who are taking drugs such as ketoconazole, itraconazole, or clarithromycin, erythromycin, or troleandomycin (macrolide antibiotics), or other potent inhibitors of this isoenzyme. Interference with this metabolism can lead to elevated terfenadine plasma levels associated with QT prolongation and increased risk of ventricular tachyarrhythmias (such as torsades de pointes, ventricular tachycardia, and ventricular fibrillation) at the recommended dose. SELDANE-D is contraindicated for use by patients with these conditions (see WARNING BOX, CONTRAINDICATIONS, and PRECAUTIONS: Drug Interactions).

Other patients who may be at risk for these adverse cardiovascular events include patients who may experience new or increased QT prolongation while receiving certain drugs or having conditions which lead to QT prolongation. These include patients taking certain antiarrhythmics, bepridil, certain psychotropics, probucol, or astemizole; patients with electrolyte abnormalities such as hypokalemia or hypomagnesemia, or taking diuretics with potential for inducing electrolyte abnormalities; and patients with congenital QT syndrome. SELDANE-D is not recommended for use by patients with these conditions.

The relationship of underlying cardiac disease to the development of ventricular tachyarrhythmias while on SELDANE-D therapy is unclear; nonetheless, SELDANE-D should also be used with caution in these patients.

Sympathomimetic amines should be used judiciously and sparingly in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, or prostatic hypertrophy (see CONTRAINDICATIONS). Sympathomimetic amines may produce CNS stimulation with convulsions or cardiovascular collapse with accompanying hypotension.

Use in Elderly

The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS

General

SELDANE-D should be used with caution in patients with diabetes, hypertension, cardiovascular disease, and hyperreactivity to ephedrine.

Information for Patients

Patients taking SELDANE-D should receive the following information and instructions. Patients should be advised to take SELDANE-D only as needed and NOT TO EXCEED THE PRESCRIBED DOSE. Patients should be questioned about use of any other prescription or over-the-counter medication, and should be cautioned regarding the potential for life-threatening arrhythmias with concurrent use of ketoconazole, itraconazole, clarithromycin, erythromycin, or troleandomycin. Patients should be advised to consult the physician before concurrent use of other medications with terfenadine. Patients should be questioned about pregnancy or lactation before starting SELDANE-D therapy, since the drug is contraindicated in nursing women and should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Patients should be directed to swallow the tablet whole. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat, moisture, or direct sunlight, and away from children.

Drug Interactions (see CONTRAINDICATIONS)

Monoamine oxidase (MAO) inhibitors and beta-adrenergic agonists increase the effect of sympathomimetic amines. Sympathomimetic amines may reduce the antihypertensive effects of methyldopa, mecamylamine, and reserpine. MAO inhibitors may prolong and intensify the effects of antihistamines.

Care should be taken in the administration of SELDANE-D concomitantly with other sympathomimetic amines because combined effects on the cardiovascular system may be harmful to the patient.

Ketoconazole

Spontaneous adverse reaction reports of patients taking concomitant ketoconazole with recommended doses of terfenadine demonstrate QT interval prolongation and rare serious cardiac events, e.g. death, cardiac arrest, and ventricular arrhythmia including torsades de pointes. Pharmacokinetic data indicate that ketoconazole markedly inhibits the metabolism of terfenadine, resulting in elevated plasma terfenadine levels. Presence of unchanged terfenadine is associated with statistically significant prolongation of the QT and QTc intervals. **Concomitant administration of ketoconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Itraconazole

Torsades de pointes and elevated parent terfenadine levels have been reported during concomitant use of terfenadine and itraconazole in clinical trials of itraconazole and from foreign post-marketing sources. One death has also been reported from foreign post-marketing sources. **Concomitant administration of itraconazole and SELDANE-D is contraindicated** (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS).

Due to the chemical similarity of other azole-type antifungal agents (including fluconazole, metronidazole, and miconazole) to ketoconazole and itraconazole, concomitant use of these products with SELDANE-D is not recommended pending full examination of potential interactions.

Macrolides

Clinical drug interactions studies indicate that erythromycin and clarithromycin can exert an effect on terfenadine metabolism by a mechanism which may be similar to that of ketoconazole, but to a lesser extent. Although erythromycin measurably decreases the clearance of the terfenadine acid metabolite, its influence on terfenadine plasma levels is still under investigation. A few spontaneous accounts of QT interval prolongation with ventricular arrhythmia including torsades de pointes have been reported in patients receiving erythromycin and troleandomycin.

Concomitant administration of SELDANE-D with clarithromycin, erythromycin, or troleandomycin is contraindicated (see CONTRAINDICATIONS, WARNINGS, and ADVERSE REACTIONS). Pending full characterization of potential interactions, concomitant administration of SELDANE-D with other macrolide antibiotics, including azithromycin, is not recommended. Studies to evaluate the potential interaction of terfenadine with azithromycin are in progress.

Carcinogenesis, Mutagenesis, Impairment of Fertility

No studies have been conducted to evaluate the carcinogenic potential of SELDANE-D.

Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies with terfenadine in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity. Animal reproduction studies have not been carried out with pseudoephedrine.

Pregnancy Category C

The combination of terfenadine and pseudoephedrine hydrochloride (in a ratio of 1:2 by weight) has been shown to produce reduced fetal weight in rats and rabbits at 42 times the human dose, and delayed ossification with wavy ribs in a few fetuses when given to rats at a dose of 63 times the human daily dose. There are no adequate and well-controlled studies in pregnant women. SELDANE-D should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nursing Mothers (see CONTRAINDICATIONS)

Terfenadine has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation.

Pediatric Use

Safety and effectiveness of SELDANE-D in children below the age of 12 years have not been established.

ADVERSE REACTIONS

Cardiovascular Adverse Events

With terfenadine, rare reports of severe cardiovascular adverse effects have been received which include ventricular tachyarrhythmias (torsades de pointes, ventricular tachycardia, ventricular fibrillation, and cardiac arrest), hypotension, palpitations, syncope, and dizziness. Rare reports of deaths resulting from ventricular tachyarrhythmias have been received (see CONTRAINDICATIONS, WARNINGS, and PRECAUTIONS: Drug Interactions). Hypotension, palpitations, syncope, and dizziness could reflect undetected ventricular arrhythmia. IN SOME PATIENTS, DEATH, CARDIAC ARREST, OR TORSADES DE POINTES HAVE BEEN PRECEDED BY EPISODES OF SYNCOPE. (See WARNING BOX.) Rare reports of serious cardiovascular adverse events have been received, some involving QT prolongation and torsades de pointes, in apparently normal individuals without identifiable risk factors; there is not conclusive evidence of [illegible] relationship of these events with terfenadine. Although in rare cases there was measurable plasma terfenadine, the implications of [illegible] with respect to the variability of terfenadine metabolism in the normal population cannot be assessed without further study. In controlled clinical trials in otherwise normal patients with rhinitis, small [illegible] observed at doses of 60 mg b.i.d. In [illegible] a mean increase in QTc of 10% (range 4% to 30 [illegible] was observed

General Adverse Events

In double-blind, parallel, controlled studies in over 300 patients in w[illegible] SELDANE-D was compared to extended-release pseudoephed[illegible] adverse reactions reported for greater than 1% of the patients rece[illegible] SELDANE-D were not clinically different from those reported for pat[illegible] receiving pseudoephedrine (see Table below).

Frequently (>1%) Reported Adverse Events for SELDANE-D in Double-blind, Parallel, Controlled Clinical Trials*

Adverse Event	Percent of Patients Reporting		
	SELDANE-D (n=374)	Pseudo-ephedrine (n=287)	Place[illegible] (n=1[illegible]
Central Nervous System			
Insomnia	25.9	26.8	6
Headache	17.4	17.1	[illegible]
Drowsiness/Sedation	7.2	4.9	1
Nervousness	6.7	8.4	[illegible]
Anorexia	3.7	3.8	[illegible]
Fatigue	2.1	1.4	[illegible]
Restlessness	2.1	1.0	[illegible]
Irritability	1.1	0.0	1
Disorientation	1.1	0.0	0
Increased Energy	1.1	0.0	[illegible]
Hyperkinesia	1.1	1.0	0
Autonomic			
Dry Mouth/Nose/Throat	21.7	21.3	1
Blurring of Vision	1.1	0.3	0
Gastrointestinal			
Nausea	4.5	6.6	5
Skin			
Rash	1.1	0.0	0
Cardiovascular			
Palpitations	2.4	3.8	0
Allergy Symptoms			
Sore Throat	1.9	1.7	1
Cough	1.6	0.3	1
Other			
Infection, Upper Respiratory	1.3	2.4	0
Taste Alterations	1.1	1.0	1

*SELDANE-D B.I.D., pseudoephedrine 120 mg B.I.D.

Pseudoephedrine may cause ephedrine-like reactions such as t[illegible] cardia, palpitations, headache, dizziness, or nausea. Sympathomi[illegible] drugs have also been associated with certain untoward reac[illegible] including fear, anxiety, tenseness, restlessness, tremor, weak[illegible] pallor, respiratory difficulty, dysuria, insomnia, hallucinations, c[illegible] sions, CNS depression, arrhythmias, and cardiovascular collapse[illegible] hypotension.

In controlled clinical trials with terfenadine, using the recommended[illegible] dose of 60 mg b.i.d., the incidence of adverse events in pa[illegible] receiving terfenadine was similar to that reported in patients rec[illegible] placebo. These effects included:

Central Nervous System: Drowsiness, headache, fatigue, dizz[illegible] nervousness, weakness, appetite increase

Gastrointestinal System: Abdominal distress, nausea, vomiting, c[illegible] in bowel habits

Eye, Ear, Nose and Throat: Dry mouth/nose/throat, cough, sore t[illegible] epistaxis

Skin: Eruption (including rash and urticaria) or itching

Also reported spontaneously during the marketing of terfenadine[illegible] alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchos[illegible] confusion, depression, galactorrhea, insomnia, menstrual dis[illegible] (including dysmenorrhea), musculoskeletal symptoms, nightm[illegible] paresthesia, photosensitivity, rapid flare of psoriasis, seizures, tachycardia, sweating, thrombocytopenia, tremor, urinary frequenc[illegible] visual disturbances.

Also in clinical trials, several instances of mild or, in one case, mo[illegible] transaminase elevations were seen in patients receiving terfenadin[illegible] elevations were also seen in placebo treated patients. Marketing [illegible] ences include isolated reports of jaundice, cholestatic hepatiti[illegible] hepatitis. In most cases available information is incomplete.

OVERDOSAGE

Information concerning possible overdosage and its treatment app[illegible] Full Prescribing Information.

DOSAGE AND ADMINISTRATION

Adults and children 12 years and older: one tablet swallowed [illegible] morning and night.

USE OF DOSES IN EXCESS OF ONE TABLET B.I.D. IS NOT R[illegible] MENDED BECAUSE OF THE INCREASED POTENTIAL FOR QT INT[illegible] PROLONGATION AND ADVERSE CARDIAC EVENTS. (See WA[illegible] BOX.) USE OF SELDANE-D IN PATIENTS WITH SIGNIFICANT H[illegible] DYSFUNCTION AND IN PATIENTS TAKING KETOCONAZOLE, ITRA[illegible] ZOLE, CLARITHROMYCIN, ERYTHROMYCIN, OR TROLEANDOMY[illegible] CONTRAINDICATED. (See CONTRAINDICATIONS, WARNING[illegible] PRECAUTIONS: Drug Interactions.)

HOW SUPPLIED

SELDANE-D Tablets containing 60 mg of terfenadine and 10[illegible] pseudoephedrine hydrochloride in an outer press-coat for imm[illegible] release and 110 mg of pseudoephedrine hydrochloride in an ext[illegible] release core are supplied as follows:

NDC 0068-0722-61: Bottles of 100 tablets.

Tablets are white to off-white, biconvex capsule-shaped; de[illegible] "SELDANE-D". Store at controlled room temperature (59-86°F) (15[illegible] Protect from moisture.

Prescribing Information as of January 1993

Merrell Dow Pharmaceuticals Inc.
Subsidiary of Marion Merrell Dow Inc.
Kansas City, MO 64114

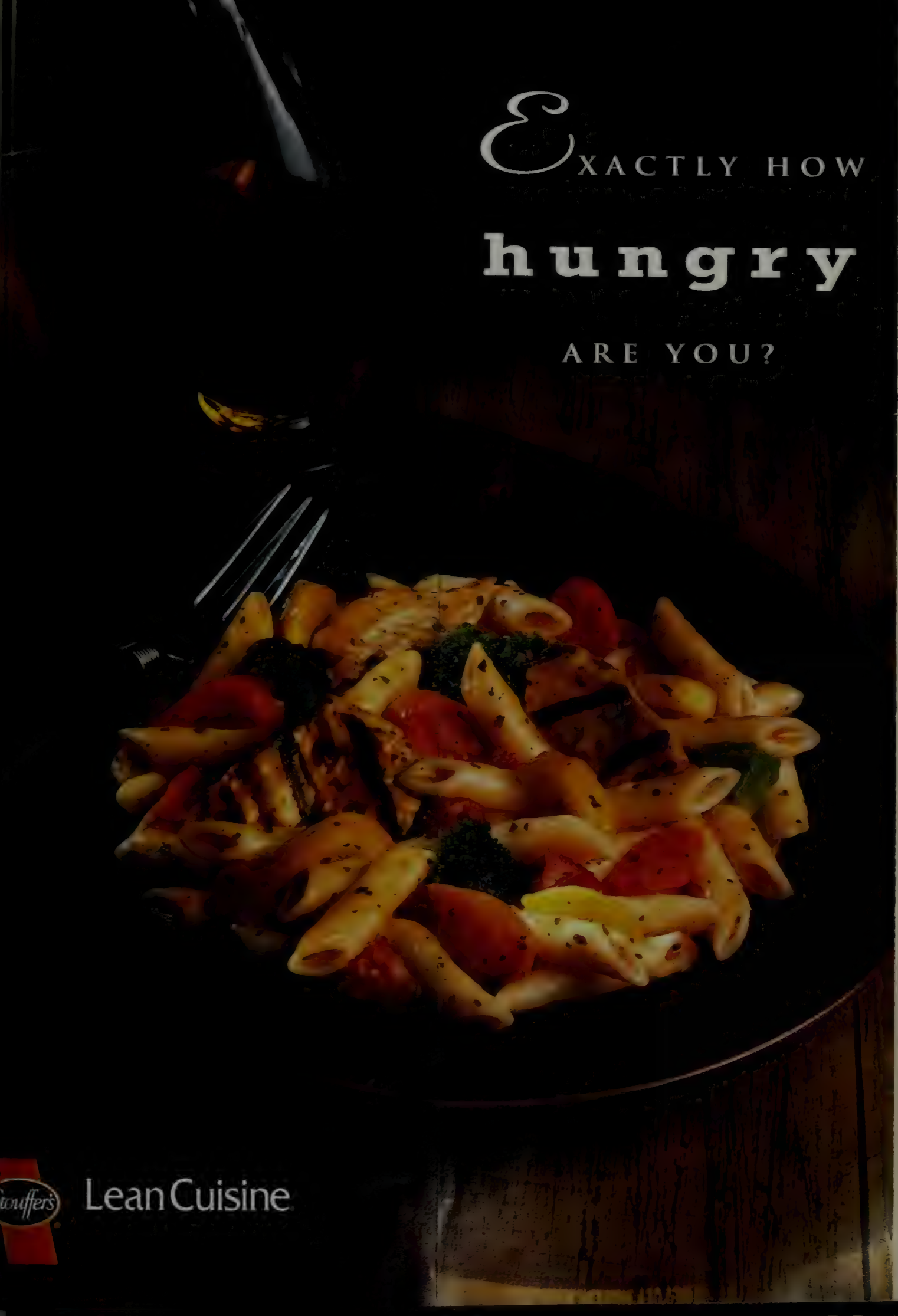
U.S. Patents 3,878,217; 4,929,605; 4,996,061; 4,254,129.

sedb0193m



MARION MERRELL DOW INC
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EXACTLY HOW
hungry
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Lean Cuisine

8 HEARTY MEALS TO CHOOSE FROM



Sirloin Beef Tips
with Noodles and Garden Vegetables



Grilled Chicken & Penne Pasta
Chicken Tenderloins with Garden Vegetables and Herb Sauce



Roasted Turkey Breast
with Gravy, Cornbread Stuffing and Vegetables



Roasted Chicken with Mushrooms
Chicken Tenderloins with Rice and Creamy Mushroom Sauce



Chicken Florentine
Chicken Tenderloins and Vegetables in a Mild Cheese Sauce with Pasta



Oriental Glazed Chicken
with Vegetables and Fried Rice Blend



Jumbo Rigatoni with Meatballs
and Marinara Sauce



Beef [illegible]
Sirloin Beef Strips [illegible]
and Ling[illegible]

Look for Hearty Portions™ in your grocer's frozen dinner section.

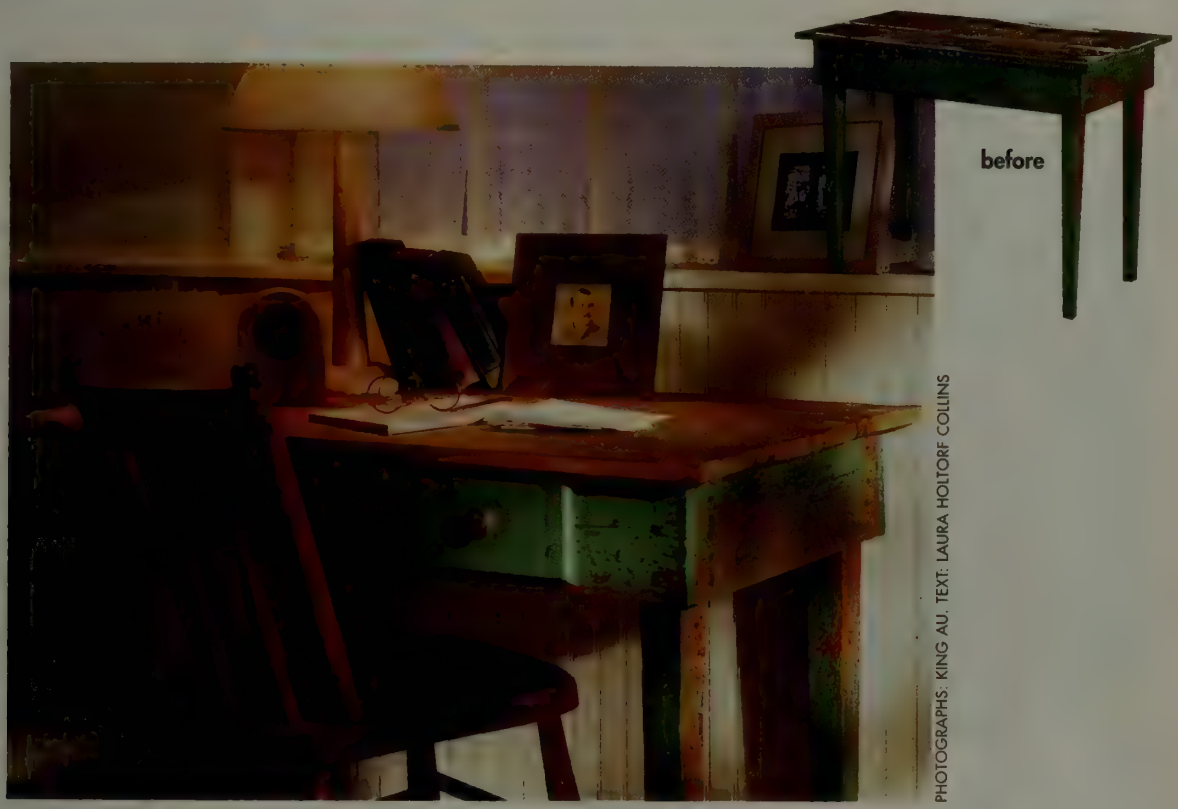


©1995 Nestlé Frozen Food [illegible]

by Cathy Borcherding

Refinishing Antiques

Unless you're on the lookout for a diamond in the rough, you might easily to miss a fabulous furniture "find" like this one. The desk's top is ragged and its paint worn thin, but see what a simple refinishing job accomplished. Just make the top sparkle and the entire piece shines.



PHOTOGRAPHS: KING AU. TEXT: LAURA HOLTORF COLLINS



Step 1: Work in a well-ventilated area and protect the floor with newspapers. Paint a thick layer of commercial stripper (available at hardware stores) on the surface; let stand about 30 minutes. Scrape away the stripper and remains of glue and laminate with a putty knife. Repeat as needed. To further clean the surface, brush with a steel bristle brush or rub with steel wool. Wash wood with water.



Step 2: Check surface for chips and gouges. Small nail holes, tiny scratches, and other such marks can be left untouched. However, if the marks are large and deep enough that they might interfere with the piece's use, repair them. Using a putty knife, pack areas with stainable wood filler. Scrape away excess filler; let dry. Sand desktop with medium, then fine, sandpaper. Wipe with a tack cloth.



Step 3: A matte finish was selected for the desktop in keeping with the character of the table legs. First, apply stain in smooth strokes using a foam brush or a clean, soft cloth. Follow the direction of the grain; let dry. Repeat as desired. Brush on varnish. Or, cover the top in a one-step process, as we did *above*, using Minwax Woodsheen—a rubbing oil in natural stain (No. 705).

by Cathy Borcherding

The Well-Dressed Chair

Finding a fabric you love is easy. But deciding if it's right for covering a special chair requires a matchmaker's skill. The following tips uncover the secret of great matches—and why some fabrics and chairs are better left unwed.



UPHOLSTERED CHAIR

To show off its cushy curves, a tufted chair is best dressed in a fabric that's more free-flowing than tightly structured. The kindred spirit for this piece is a meandering floral, not a geometric stripe.

- The floral, shown at left, accentuates the chair's gentle contours with its cascading pattern; the stripe, *below*, with its rigid straight lines, opposes the rounded shape.
- An all-upholstered chair deserves a pattern that extends unbroken around the edges; the stripes become mismatched at the chair's sides, changing directions from horizontal to vertical.
- A floral suffers little distortion from the deep tufting; the wide geometric stripes lose their crisp definition in the chair-back's indentations.



BEFORE

WOOD-FRAME CHAIR

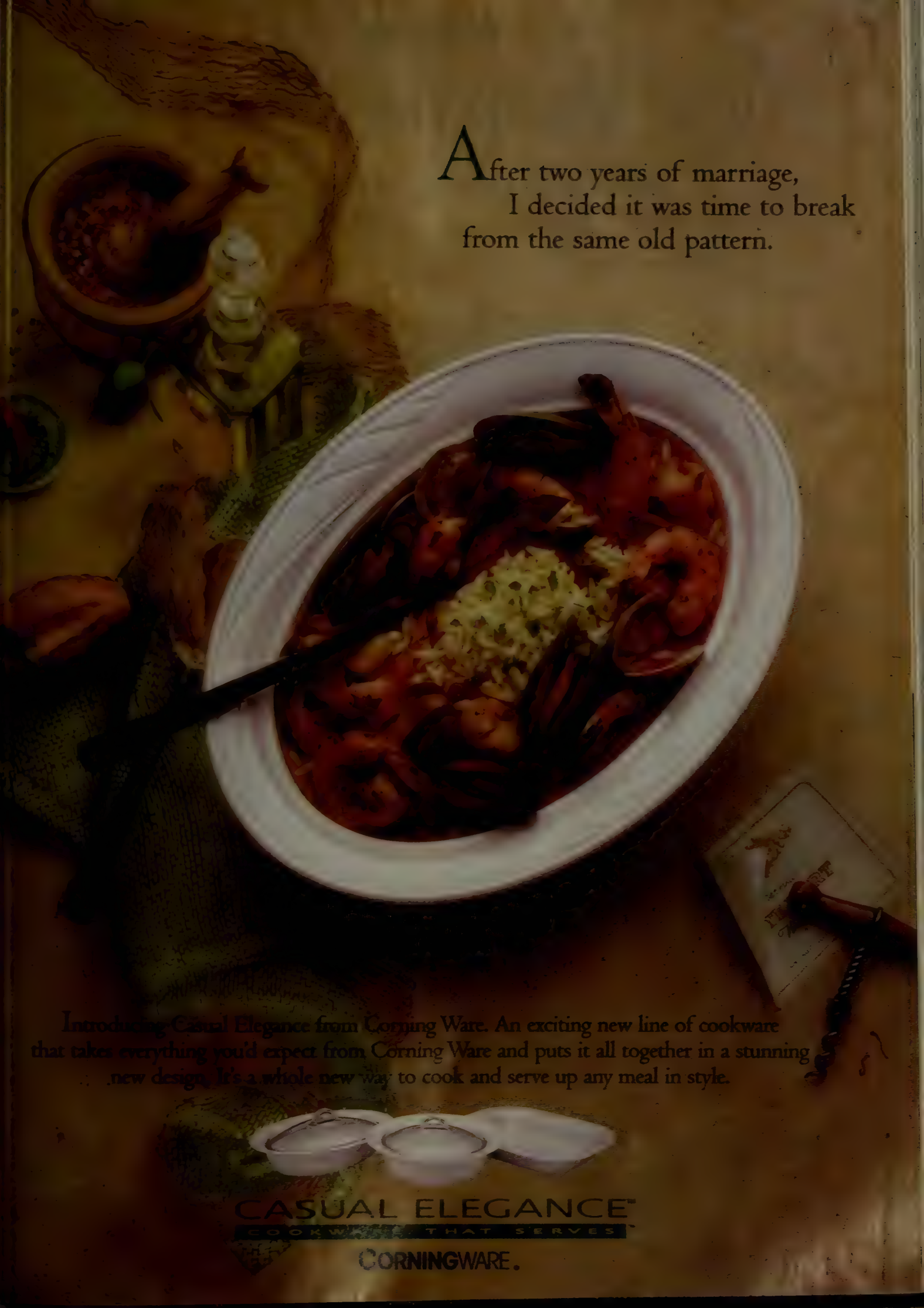
A no-nonsense, linear chair from the '50s deserves an upholstery fabric that's just as straight-shooting. Try a geometric design rather than a floral.

- Fabric must work with the chair, not against it. The strong graphics of the diamond print, shown at right, complement the chair's direct personality; the swirling floral, *below*, fights the chair's clean lines, diluting the integrity of both the furniture and fabric.
- Keep fabric and furniture scale consistent. The diamond print is small enough to be easily repeated; the floral repeat is too spread out for such a limited upholstered area.
- Select a fabric that runs within the boundaries of the chair. The diamond print begins and ends at the chair edges; the floral continues, leaving the viewer wondering about what is missing.



BEFORE




After two years of marriage,
I decided it was time to break
from the same old pattern.
Introducing Casual Elegance from Corning Ware. An exciting new line of cookware
that takes everything you'd expect from Corning Ware and puts it all together in a stunning
new design. It's a whole new way to cook and serve up any meal in style.
CASUAL ELEGANCE™
COOKWARE THAT SERVES
CORNINGWARE.

The Wrap on Wontons

Ever folded a napkin or wrapped a present?

Shaping a batch of homemade wontons is just as easy, with scrumptious results. Fix a batch of these bundles using our step-by-step directions. Eat some now and pop a few in the freezer. Then, whenever you want a simmering bowl of wonton soup, the wontons will be ready in minutes.



HOMEMADE WONTON SOUP

- 20 filled wontons
- 4 cups chicken broth
- ½ cup thinly bias-sliced carrot
- 5 to 6 green onions, slivered, ½ cup
- 1 inch piece gingerroot
- Several dashes sesame oil
- Cilantro leaves (optional)

In a 3-quart saucepan bring 6 cups water to boiling. With a spoon place wontons, one at a time, into boiling water. Reduce heat. Simmer for 5 minutes. (If using frozen wontons, do not thaw; after adding, return water to boil before simmering.) Drain and rinse with cool water. Meanwhile, in a 2-quart saucepan combine chicken broth, carrot, green onion, and gingerroot. Bring to boiling; reduce heat. Cover and simmer for 2 to 4 minutes or till vegetables are crisp-tender. Remove gingerroot and discard. Stir in sesame oil. Divide wontons among bowls and ladle broth mixture atop. Sprinkle cilantro atop each soup bowl, if desired. Makes 4 to 6 servings (4½ cups total).

Nutrition facts per serving: 213 cal., 4 g total fat (1 g sat. fat), 56 mg chol., 1,329 mg sodium, 27 g carbo., 1 g fiber, 17 g pro.

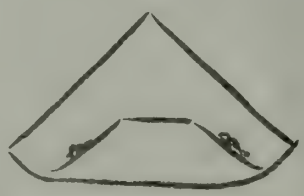
Shrimp and Pork Filling: Thaw one 6-ounce package of frozen, peeled, cooked shrimp. Finely chop the shrimp and combine with ½ cup finely chopped cooked pork, ½ cup finely chopped fresh mushrooms, ½ cup sliced green onion, 2 tablespoons finely chopped pimiento, 2 tablespoons snipped cilantro, 2 tablespoons soy sauce, and ⅛ teaspoon ground red pepper. Makes 2 cups filling, or enough to fill 40 wonton skins (1 lb. package).

To freeze, place filled wontons on a baking sheet in a single layer. Freeze till solid. When frozen, place wontons in two freezer bags or containers and freeze till needed, up to 3 months. Use half a batch of wontons for the Homemade Wonton Soup. You may also chop and freeze enough carrots, onions, and gingerroot to have on hand for a second batch of soup. For convenience, store the vegetable mixture packaged with the frozen wontons.

HOW TO WRAP A WONTON



Step 1: Use 40 wonton skins and 1 recipe Shrimp and Pork Filling. Top the center of each skin with 1 teaspoon of filling.



Step 2: Fold the lower corner of the wonton over the filling and bring its point up and tuck under the wonton's filling.



Step 3: Roll the wonton up slightly to cover the filling, leaving about 1 inch of skin unrolled at the top corner.



Step 4: Moisten one side corner. Grasp corners; overlap them over the filling, attaching moistened corner to other corner.



You think that

making a great breakfast is

too much trouble.

That shopping for the ingredients is

a hassle.

That cleaning up will be

a nightmare.



by Julia Malloy

Tex-Mex Lightens Up



Beef and Bean Burritos



SCOTT LITTLE

Dig in to your favorite Mexican foods, free from guilt over calories and fat. Rather than say adiós to your south-of-the-border favorites, lighten them using easy cooking tricks.

BEEF AND BEAN BURRITOS

Black or pinto beans replace some of the meat, lowering the fat and adding fiber.

- 8 (8-inch) flour tortillas
- ½ lb. lean ground beef
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 15- or 16-oz. can black beans or pinto beans, rinsed and drained
- ½ cup salsa
- 2 tsp. chili powder
- Several dashes bottled hot pepper sauce
- 1 cup shredded reduced-fat cheddar cheese (4 oz.)
- 1½ cups shredded fresh spinach
- 1½ cups shredded lettuce

Stack tortillas; wrap tightly in foil. Heat in a 350° oven for 10 minutes.

For filling, cook beef, onion, and garlic till beef is brown. Drain off fat. Stir in beans, salsa, chili powder, and pepper sauce. Heat through.

Spoon about *⅓ cup* filling onto each tortilla; top with *1 tablespoon* cheese. Fold bottom edge up and over filling, just till covered. Fold in opposite sides. Roll up, tucking in sides. Secure with wooden picks. Arrange tortillas, seam side down, on a foil-lined baking sheet; cover with foil. Bake in a 350° oven about 10 minutes or till heated through.

Serve burritos atop a mixture of spinach and lettuce. Serve with extra salsa, remaining cheese, and sour cream, if desired. Makes 8 burritos.

Nutrition facts per burrito: 268 cal., 9 g total fat (3 g sat. fat), 28 mg chol., 484 mg sodium, 31 g carbo., 3 g fiber, 17 g pro. Daily Value: 16% vit. C, 15% calcium, 18% iron.

CHICKEN ENCHILADAS

Each enchilada contains half the fat of the traditional version.

- 2½ cups cut-up fresh tomatillos or one 18-oz. can tomatillos
- 1 4-oz. can green chili peppers, rinsed and seeded
- [illegible] cup cut-up onion
- [illegible] cup cilantro leaves
- [illegible] sugar
- ¼ tsp. ground cumin
- ½ to 1 cup reduced-sodium chicken broth
- 1½ cups finely chopped cooked chicken or turkey
- 1 15¼-oz. can whole kernel corn, drained
- ⅓ cup soft-style cream cheese
- ¼ cup fat-free or light dairy sour cream
- ¼ cup sliced green onion
- Nonstick spray coating
- 8 (8-inch) flour tortillas
- ¾ cup shredded reduced-fat Monterey Jack cheese

For sauce, in a blender container combine fresh or *undrained* canned tomatillos, peppers, onion, cilantro, sugar, and cumin. Add 1 cup broth for fresh tomatillos or ½ cup broth for canned. Cover; blend till smooth. Transfer to a saucepan. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes.

Combine chicken, corn, cream cheese, sour cream, and green onion.

Spray a 3-quart rectangular baking dish with coating. Spray one side of a flour tortilla. Place tortilla, sprayed side down, in a large skillet over medium heat for 30 seconds; remove. Spoon about ⅓ cup filling onto uncooked side; roll up. Repeat.

Arrange tortillas, seam side down, in dish. Pour sauce atop. Cover with foil; bake in a 350° oven about 30 minutes or till hot. Remove foil; add cheese. Bake 3 minutes more or till melted. If desired, top with salsa, sour cream, and cilantro. Makes 8.

Nutrition facts per enchilada: 27 cal., 9 g total fat (2 g sat. fat), 35 m chol., 495 mg sodium, 31 g carbo.

For Even Lower-Fat Stir-Frying, Wok This Way.



New Swanson® Oriental Broth.

It's 100% fat-free

and bursting with

the flavors of soy sauce,

savory onion and garlic.

Swanson® Oriental Chicken & Vegetable Stir-Fry

Prep Time: 15 min. Cook Time: 25 min.

1 lb. skinless, boneless chicken breasts, cut into strips

1 can Swanson® Oriental Broth

5 cups cut-up vegetables (celery, broccoli, carrots, green onions)

2 tbsp. cornstarch

1. In nonstick skillet over medium-high heat, stir-fry chicken in 2 batches until browned. Set chicken aside.
2. Add 3/4 cup broth and vegetables. Heat to a boil. Cover and cook 5 min. or until vegetables are tender-crisp.
3. Mix cornstarch and remaining broth. Add to pan. Cook until mixture boils and thickens, stirring constantly. Return chicken to pan. Heat. Serve over rice. Serves 4.

For more low-fat Swanson® Oriental Broth recipes, call 1-800-4-SWANSON.



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wanson® Broth. When all you want to add is flav

Different People. Different Needs. Different One-A-Days.



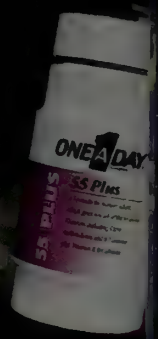
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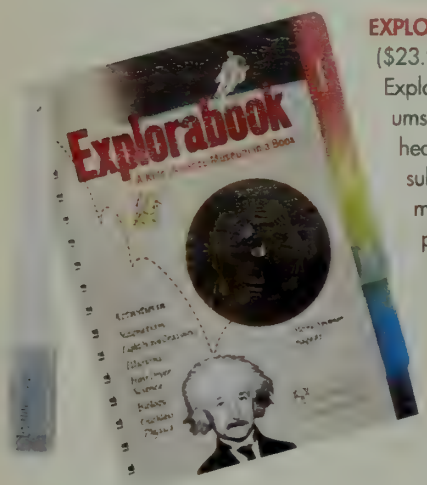
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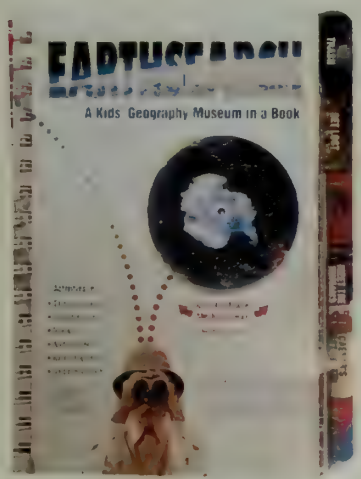
Hey Kids! Hey Parents! If you liked the Weird Science projects shown in our BH&G Kids feature on pages *193 to 198*, you'll love the ideas in these three great activity books from Klutz Press. All were chosen especially for the kids, parents, and grandparents who read *Better Homes and Gardens*® magazine.



EXPLORABOOK, A KIDS' SCIENCE MUSEUM IN A BOOK ($23.95) was created in cooperation with the San Francisco Exploratorium, the granddaddy of all hands-on science museums. The 100-page, 9×6-inch spiral-bound book is printed on heavy cardstock and features full color throughout. Seven subjects are covered including: light-wave craziness, biology, magnetism, magnification, hair dryer science, ouchless physics, and mirror experimentation. Bound directly into the book are most of the tools needed to do all the activities described, including: Mylar mirror, moire spinner, diffraction grating, Fresnel lens, and two packets of agar growth medium. The book is also packaged with a plastic magnetic wand.



MAGNETIC MAGIC ($16.95) is a great collection of ideas for doing wonderfully sneaky things with magnets and magic. Written by a physicist and a magic buff, the 4½×7-inch spiral-bound book is packaged with five disk magnets, five ring magnets, and one magnetized coin.



EARTHSEARCH, A KIDS' GEOGRAPHY MUSEUM IN A BOOK ($24.95) was written after consultation with more than 50 educators, and is described as a book including "everything from the tip of your nose going out." The activities include trash science, population, rocks, astronomy, real eating, and getting lost. Bound into the book are 21 different "exhibits" (things besides paper and ink). The 110-page, 9×6 spiral-bound book comes with an aluminum cover, eight foreign coins, and 18 other special pages and inserts.

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Repeated by popular demand! We showed you this Halloween wood project last year, and you loved it so much you asked to see it again.

Our friendly four-foot-tall witch and the five smaller designs around her (pumpkin, black cat, ghost, and small and large stars) make delightful Halloween yard decorations.

Even if you have little woodworking or crafting experience, using our full-size pattern cutouts as templates makes these projects easy. You'll need only a saber saw to cut the shapes out of ⅜-inch plywood. Our step-by-step finishing directions, a drill, sandpaper, and painting supplies will finish the projects in a hurry.



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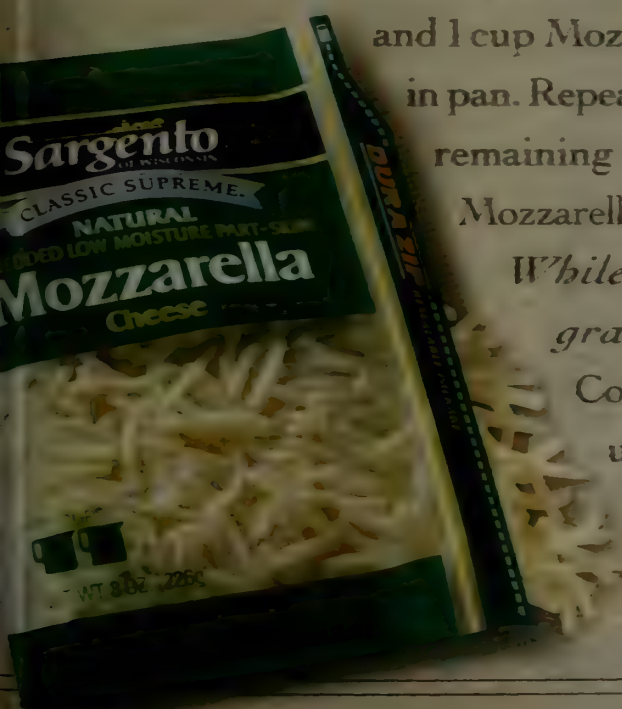
Send check or money order for $10.95 per plan to *Better Homes and Gardens*® Reader Shopping Service, Dept. W9510, Box 9128, Des Moines, IA 50306-9128. The price includes shipping, handling, and sales tax, if applicable.

Lasagna *of* Little Italy.

Pour glass of lively red wine from straw-covered flask.
Dim lights and linger over favorite opera CD.

1 jar (30 oz.) spaghetti sauce
1 lb. ground beef, or bulk
Italian sausage, cooked & drained
4 c. (30 oz.) Sargento® Ricotta Cheese
1½ c. (6 oz.) Sargento® Fancy
Supreme® Shredded
Parmesan Cheese, divided
3 Tbsp. minced fresh parsley
½ lb. lasagna noodles, cooked & drained
3 c. (12 oz.) Sargento® Classic Supreme®
Shredded Mozzarella Cheese

In medium bowl, combine sauce and ground beef. In a separate medium bowl, combine Ricotta cheese, ¾ cup Parmesan cheese and parsley. Pour ¾ cup sauce mixture in bottom of a 13x9-inch pan. Layer one-third of the noodles, half of the Ricotta mixture, one-third of the remaining sauce and 1 cup Mozzarella cheese in pan. Repeat layers. Top with remaining noodles, sauce, 1 cup Mozzarella cheese and ¾ cup Parmesan cheese.



While preheating oven, make collect call to grandmother in Sicily for antipasto recipe.

Cover with foil and bake at 350°F 50 min.; uncover and bake 15 min. more. Let stand 10 min. before serving. (8-10 servings)

Greet friends at door with passionate kiss on each cheek. Buon Appetito!

Sargento *of* Wisconsin.

auto update

OCTOBER

by Margaret Daly





Sporty new Saturns

New designs from G.M.'s popular small-car division

Since its start-up five years ago, Saturn has been a hit with its customers for the sales and service experience as well as for its cars. The new 1996 sedans and station wagons maintain all the prized features and add some major revisions outside and in (coupes change in 1997). The basic frame is the same, but rooflines are higher and rounder, door openings larger, headroom greater, and seating more comfortable. Retuned suspension systems create a smoother ride without compromising the handling. Base prices: sedans $10,495–$12,295, wagons $11,995–$12,895, coupes $12,195–$13,295, plus $390 transportation. Options can add several thousand dollars to the total.

Used Cars are HOT

Some 30 million American car and truck buyers will opt for a "previously owned" vehicle this year. New-car dealers accounted for about 17.8 million of used-car sales in 1994. One factor is the influx of vehicles coming off two- and three-year leases. The average price of a used car in the U.S. was $10,800 in 1994, and the length of used-car loans has jumped from an average of 39 months in 1990 to 48.5 months in 1995. Watch for this trend: Certified and warranted "pre-owned" vehicles from manufacturers such as Mercedes-Benz, BMW, Cadillac, Infiniti, Lexus, Nissan, Porsche, Volvo, and Saturn.

Rising Customer Satisfaction

The Top 12 at Making Buyers Happy

1	LEXUS	173
2	[illegible]	172
3	SATURN	159
4	ACURA	155
5	[illegible]	155
6	[illegible]	152
7	[illegible]	150
8	[illegible]	149
9	[illegible]	149
10	[illegible]	148
11	[illegible]	147
12	[illegible]	146
	Total Industry average	138

New-car buyers are happier this year. So says the 1995 Customer Satisfaction Study from J.D. Power and Associates, which measures owner experiences and satisfaction after one year. The total industry average rose 3 points to 138, compared to an average of 100 in 1986 when the survey began.

Safety Plus: DAYTIME RUNNING LAMPS

Daytime running lamps help drivers and pedestrians spot and avoid vehicles heading toward them. The low-intensity lamps go on automatically when the car starts and shut off when the engine stops. In Canada, where they are required, a recent study shows significant reductions in daylight collisions between vehicles coming from opposite directions. The lamps will be standard on all GM vehicles by 1997.

Of all the things you have to think about in a day, here's 30 you don't have to.



When you've got meetings to attend and errands to run, the last thing you need is car trouble. That's why it makes sense to ask for AC-Delco parts. Year after year, AC-Delco has been voted by consumers to be the best brand overall. We offer you quality replacement parts in over 30 product lines. We know you're busy; that's why we make parts that never require a second thought.

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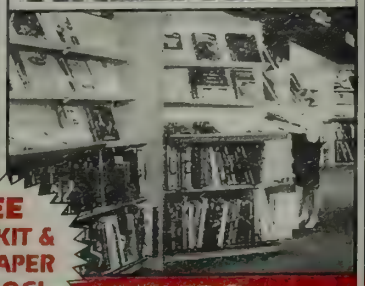


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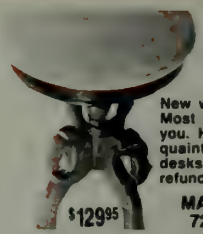
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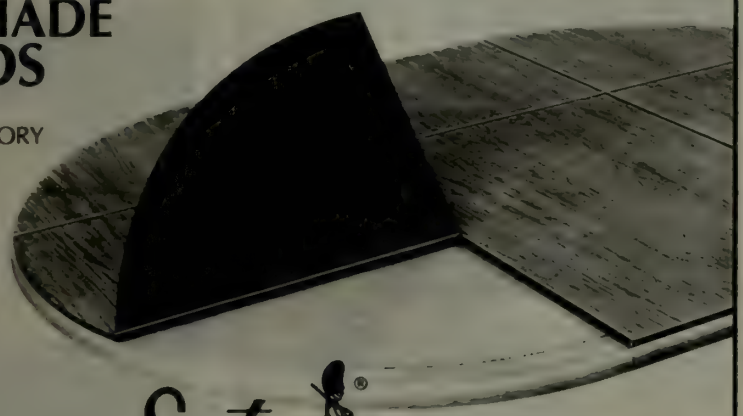
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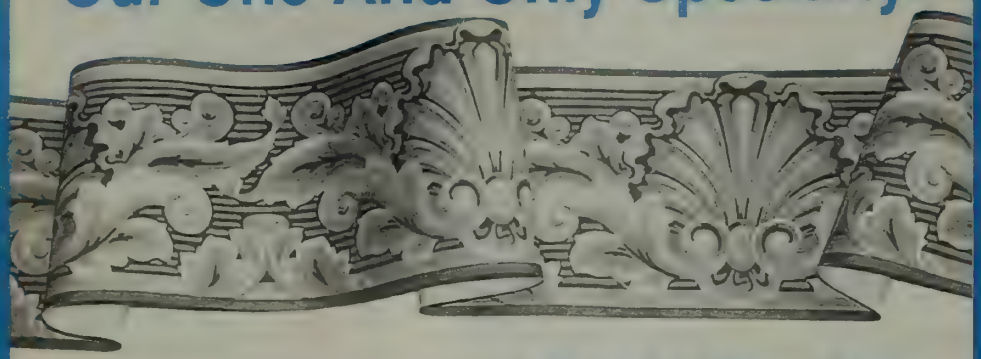
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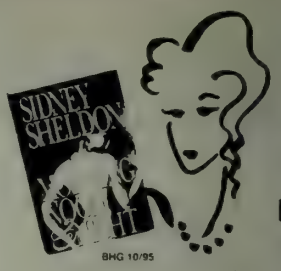
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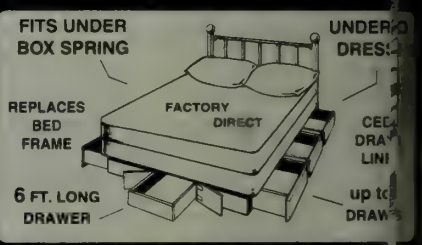
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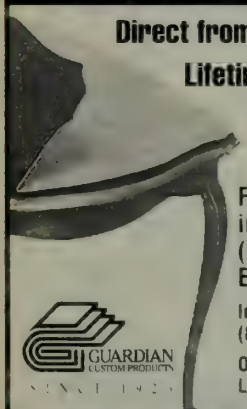
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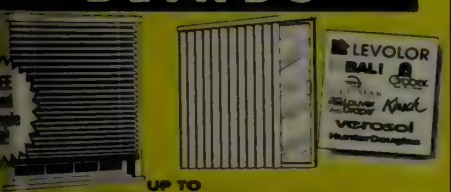
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Garage mechanic Joel Crosby never ceases to be amazed that it takes so long to convince car owners that the handiest—and cheapest—gadget around to open a mistakenly locked door is an extra set of keys.

Burt Jr. is all geared up for his profitable yard-raking business this fall. He's put a little advertisement on the back of our mower-mulcher that says: "The best way to avoid an aching back. Be-leaf me."

Most people think that airline pilot Ron Godfrey has an exhilarating occupation, but he says it's really a pretty mundane job just as long as he does it right.

Congressman Nick Hanfli admits he feels like giving thanks early that he doesn't have to face a November election like the one he survived last year.

Isn't it strange that a computer "crash" can do so much damage while making so little noise?



"Remember how we used to dream about living in a big expensive house, Alice? Well, according to the tax assessor, we do."

"The best way to cope with changes in your life," the Rev. George Hall said last Sunday, "is to take the lead in creating them."

Ned Carter declares that nothing makes him feel his years quite so much as walking around town and seeing parks and bridges named for people who used to be his classmates.

Our Judy, 10, had a new spin on her monthly appeal for an allowance increase: She said she was familiar with the portraits of George Washington and Abraham Lincoln, but that she hadn't had the pleasure of making acquaintances from there on up.

Newsprint costs have risen so sharply that Editor Earl Reeves says he'll have to cut back on space for sports, politics, or the comics. He knows he'll make readers angry no matter the choice, but he says it's the [illegible] of the comics page that really [illegible] sense of humor.

~My favorite bookstore, the kind that has soft chairs and a cat or two lounging around, is handing out "Things to Do Today" memo pads. "Read to your children" is printed at the bottom of each page.

"What a marvelous way to make a point," Christine said. It reminded us of last month's back-to-school night at Judy's school in which librarian Ellen Mahoney challenged parents to spend several nights a week this fall reading to their kids.

"Television can be a very good teaching and entertainment medium," she said, "but how many of you would want most of the people on TV to be guests in your home week after week?"

Library books, by comparison, are quiet and cordial visitors that can become lifelong friends.

"Besides," Ellen said, "all the volumes in my library come fully equipped with instant replay!"

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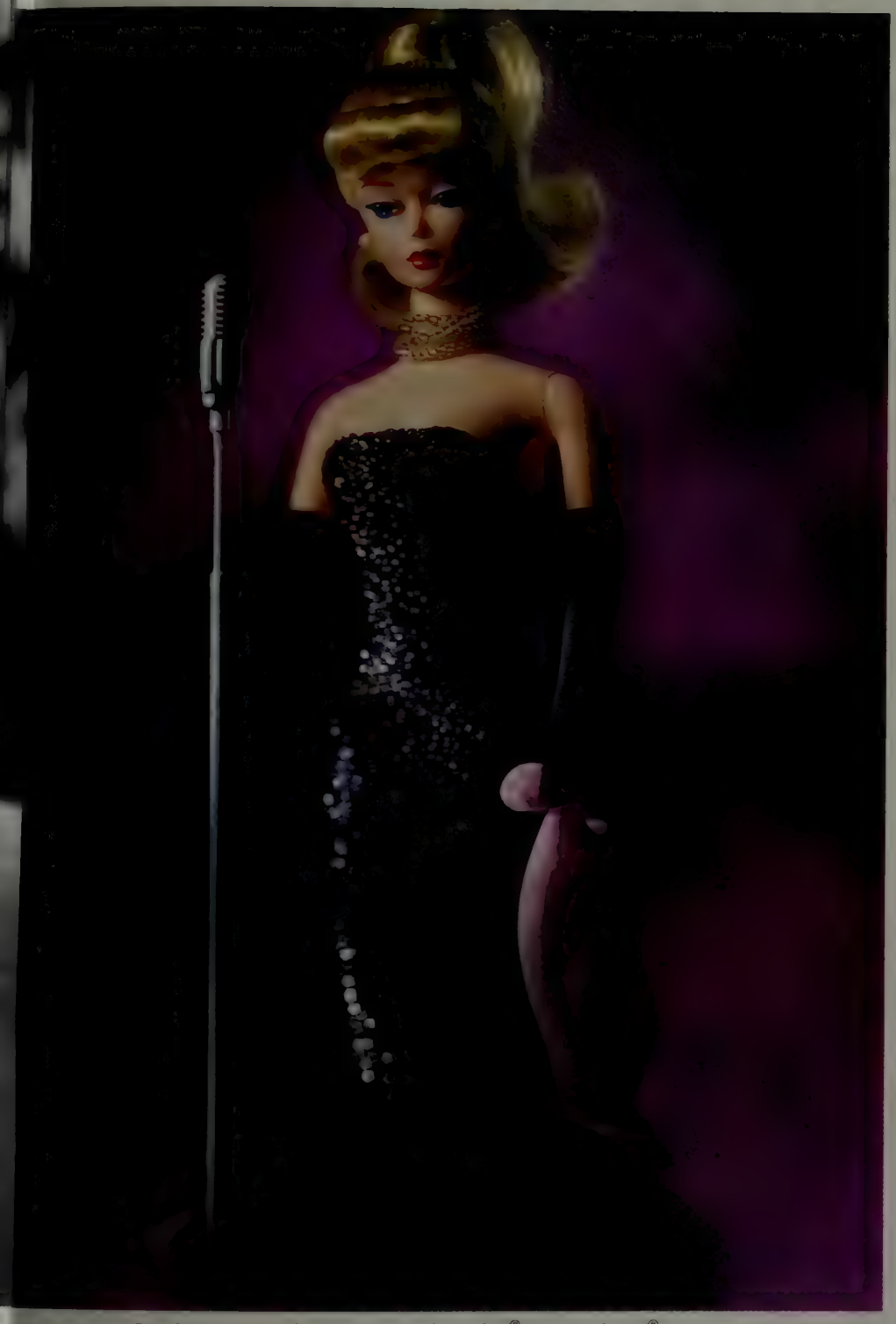
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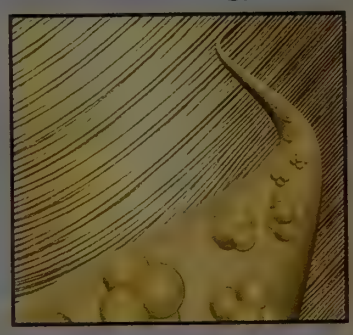
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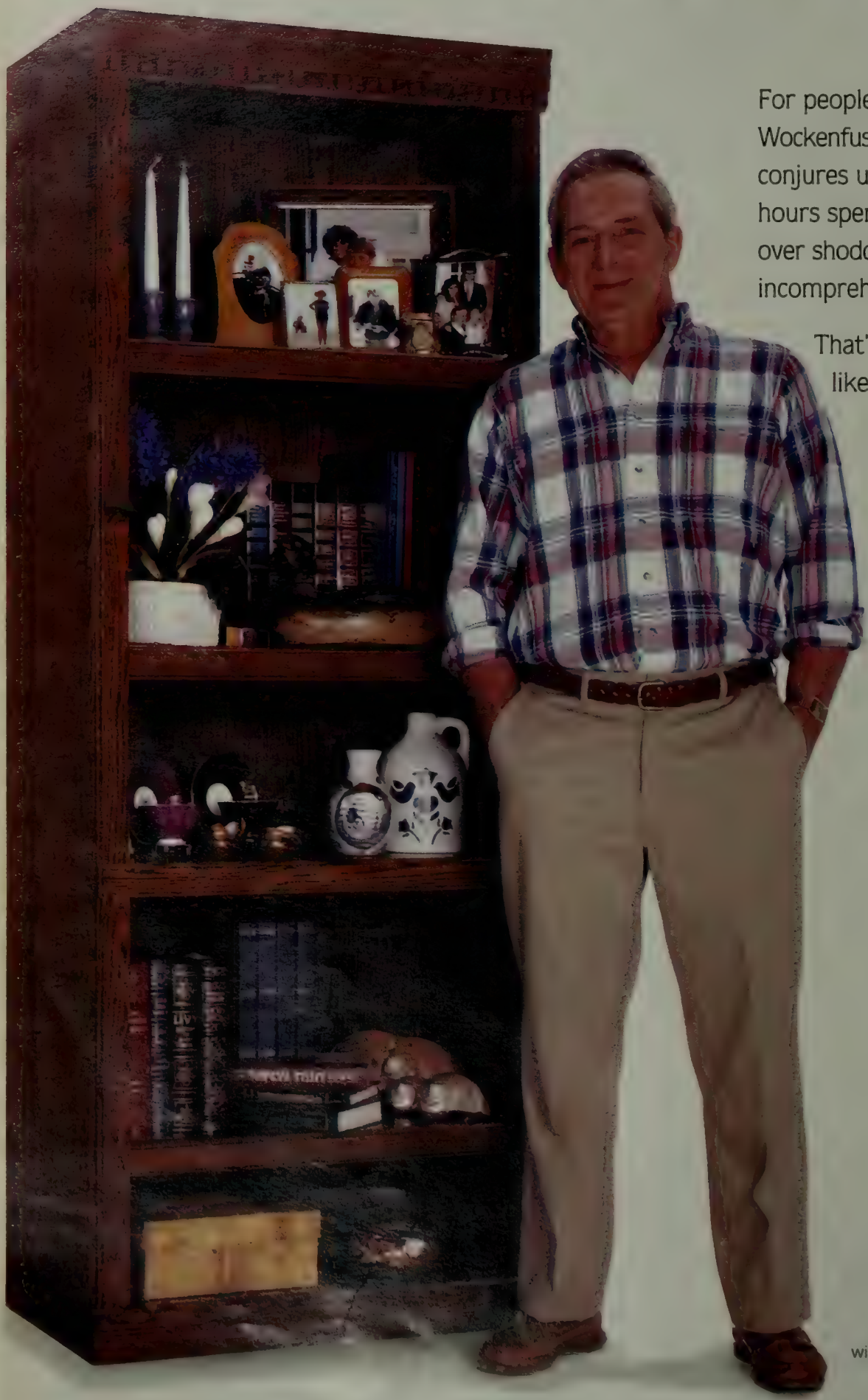
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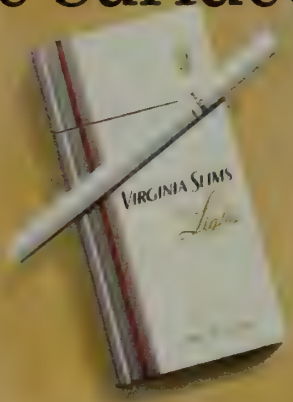


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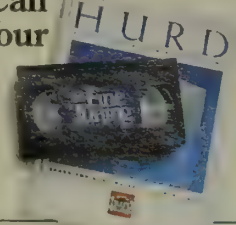
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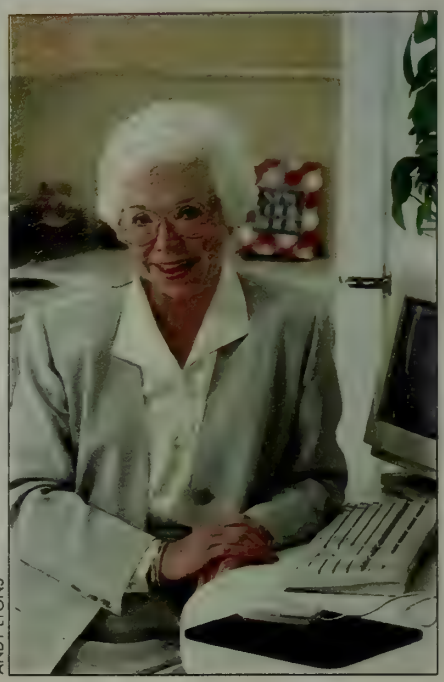
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between friends



ANDY LYONS

For one whole winter, my breakfasts consisted of slow-cooked oatmeal and toasted homemade bread slathered with peanut butter. My mom made wonderful waffles and I could have had fresh-gathered eggs, but oatmeal was my idea of fortification against the icy weather and the day ahead.

I didn't know then that food is so much more than mere sustenance. Obviously, it's a thing memories are made of, but it's one of life's great joys as well! And for a dozen talented members of the *Better Homes and Gardens*® staff, food is also an art—and a science.

Every recipe you find on the pages of our magazine has been scrutinized by our food editors and test kitchen experts. It has been prepared, tasted, and judged until it meets the highest standards of quality for taste, accuracy, and goof-proof duplication in your own kitchen. When you see our red plaid test kitchen seal, you know you can count on good food and good results.

This fall, we've put all our food experts to work creating a wonderful new cookbook for you. It's our *1995 Annual Recipes,* and it contains not only all the recipes we've featured during the year, but also hundreds of test kitchen tips, ideas from readers, and lots more. (See *page 188* for order information.) Our foods experts also are cooking up surprises for you on CompuServe, the on-line computer network. (See *page 190* for details.)

When it comes to food, we're definitely beyond oatmeal!

Jean LemMon

Jean LemMon, *Editor in Chief*



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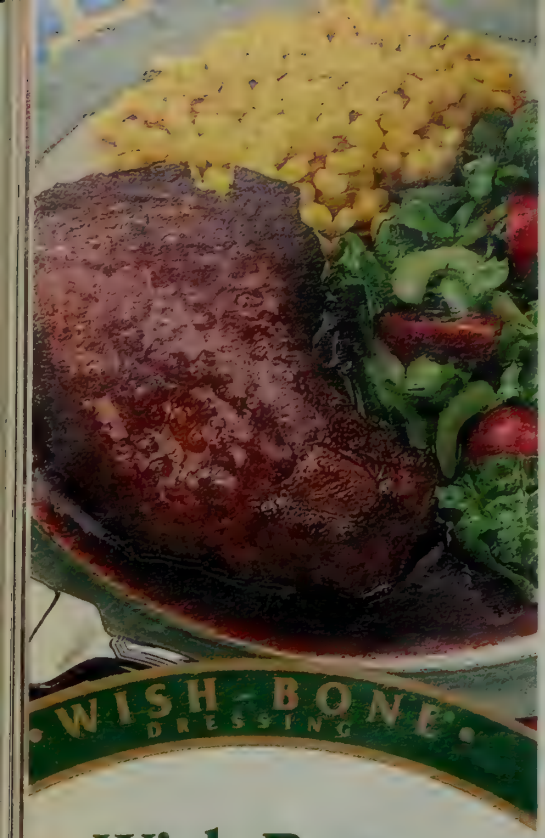


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When my son was a preschooler he loved to look at toy catalogs and flyers from local stores. To turn this into an educational activity, I had him create his own toy catalogs by cutting out pictures of his favorite toys and pasting them in construction-paper books I made for him. Each photo was labeled with the name of that toy. These books promoted reading readiness and were great for sending to grandparents who needed ideas for holiday and birthday gifts.

Joyce Jose
Stroudsburg, Pa.

SNOWMAN KIT

When my family moved to our new home, a neighbor gave us a welcome gift—a box labeled, "Snowman Kit." Enclosed in the box was a man's old hat and woolen scarf, two whisk brooms for arms, two lumps of charcoal, and a carrot. What a great and inexpensive gift idea that my children look forward to using each winter. Of course, we replace the carrot with each snowman.

Annmarie McCormick
Dayton, Ohio

SHARING DINNER DUTY

Although three beach homes were rented for our family reunion, we all wanted to gather at some time each day. Dinnertime seemed the most likely, but who was going to feed 22 people for six nights? We asked all the adults to pair up and volunteer for one evening of dinner duty. Everyone responded with great spirit, arriving armed with their best recipes, ingredients, and condiments. Each night was a grand celebration. We ate like kings, and applauded each other all week long.

Margaret R. Duensing
Alamo, Calif.

GET-WELL CALENDAR

To encourage someone who's recuperating from an operation or illness, make this special calendar: On a real calendar, cut three sides of each day's box, making a little door that opens. With a plain sheet of paper under the calendar, write a nice note for each day or a hint to check for a wrapped goody. The goodies can be sent separately or in one big box with each wrapped item marked with the corresponding date.

Susan Miller
Green Creek, N.J.

FAMILY REUNION AUCTION

Every year at our family reunion, everyone brings a few items they no longer need or want. We wrap them up as presents, and my uncle auctions them off. Everyone goes home with something. The money from the auction goes toward food for the next year's reunion.

Wendy Schriver
Manchester, Pa.

KEEP AN EYE ON THE HOUSE

We're an older couple who frequently travel but live in a neighborhood of younger families who usually take only one trip a year. We felt we shouldn't keep asking them to watch our house, because we often would not be home to return the favor.

continued on page 16



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continued from page 14

Now we pay a 10-year-old neighbor a small sum to pick up the flyers, shoppers, etc., left on our porch. This earns the child a little pocket money and helps to instill a sense of responsibility.

W. Ashleman
Columbus, Ohio

BEEPING MOM

It's often hard to reach stay-at-home moms because we're really in the car all day. I carry a beeper: It's inexpensive, light, and portable, yet invaluable. When unscheduled early dismissals are called, or a child gets sick at school, I can be contacted. My children and I rest more easily knowing I'm only a beep away.

Faye Fishman
Randolph, N.J.

PEAS IN THE POOL

My baby daughter is learning to feed herself. To prevent a mess on the floor, I put her chair inside a small plastic wading pool. It keeps cereal and peas from rolling all over like they do on a flat "splat mat." Depending on the mess, I either wipe it clean or hose it down outside.

Vickie Isaac
Plano, Texas

COOKIE TAG

One of our favorite family activities is baking chocolate chip cookies, writing a note, and leaving them both on a neighbor's doorstep. We ring the doorbell and run. The note tells how much we appreciate the neighbor and also explains that he or she has been "tagged." It's now their turn to play the game with a neighbor of their choice.

Monica Zierenberg
Thousand Oaks, Calif.

TV-VIEWING STICKS

We grew tired of our children asking to watch television, so we gave all family members 10 Popsicle sticks, which they colored in their favorite color. At the beginning of each week, the sticks are placed in a container on the TV. One stick is removed for each half-hour of television watched per person. At the end of the week, 25 cents is paid for each remaining stick. It didn't take long to reduce our TV viewing, and the children have learned to evaluate the worth of the programs they watch.

Cindy Pope
Helena, Mont.

FUNNY PHOTO ART

My 9-year-old daughter wanted to take photographs on her own. I gave her an inexpensive camera, a roll of film, and a little direction. She was disappointed when her photographs came back not looking how she'd intended. Instead of throwing out the bad photos, we turned them into good pictures. With scissors and glue, she put her friends' faces on the body of her cat, her brother's face on her friends' bodies, big heads with little bodies, and other creative solutions. This was so much fun she asked her friends to bring over their bad photos, and they sat down to a day of artwork, recycling, and lots of laughs.

Sonia Liekhus
Brea, Calif.

TABLE TALK

When our daughter was 13 and our son 9, they started bickering at the dinner table. Since we wanted the dinner hour to be a time to enjoy our food and each other, I said they could not come to the table unless they were armed with facts to share about a topic of interest. We learned about astrology, weather, dolls, presidents, cars, airplanes, and animals. The bickering stopped, their schoolwork improved, and we had fun.

June Malecek
Van Nuys, Calif.

PAJAMA RUN

When our three children least expect it, we take them out for an evening ice-cream treat. After they're ready

for bed, we shout, "Pajama run!" Everyone jumps out of bed and into the car. We head out, pj's and all, to the ice-cream shop. Then we sit in the car, enjoying our ice cream and each other's company.

Pauline Thomason
Flora, Ill.

OUR PRIVATE CAFÉ

After our fourth child was born, my husband and I never seemed to have time alone together, and evenings out were too expensive. I surprised my mate with a sidewalk café in the corner of our bedroom. It was easy to make: a folding card table, two chairs, silk trees to screen off the area, and travel posters on the wall. A potted plant in front of our bedroom door meant don't bother us unless it's an emergency. We enjoyed many romantic dinners there while the younger children were tucked in bed and the older ones watched TV.

Dotty Dysart
Marietta, Ga.

A WINNING SCIENCE PROJECT STRATEGY

My 7-year-old entered her school's Science Fair determined to be a winner. She spent hours at the library researching her topic. Nonetheless, she didn't win. I asked our local librarian to display her project surrounded by all the resources a 7-year-old could use for science study. Seeing her project in the library encouraged my daughter, and others, more than any ribbon ever could.

Laurel Page Bowen
Toluca Lake, Calif.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each idea published, if you provide your Social Security number.

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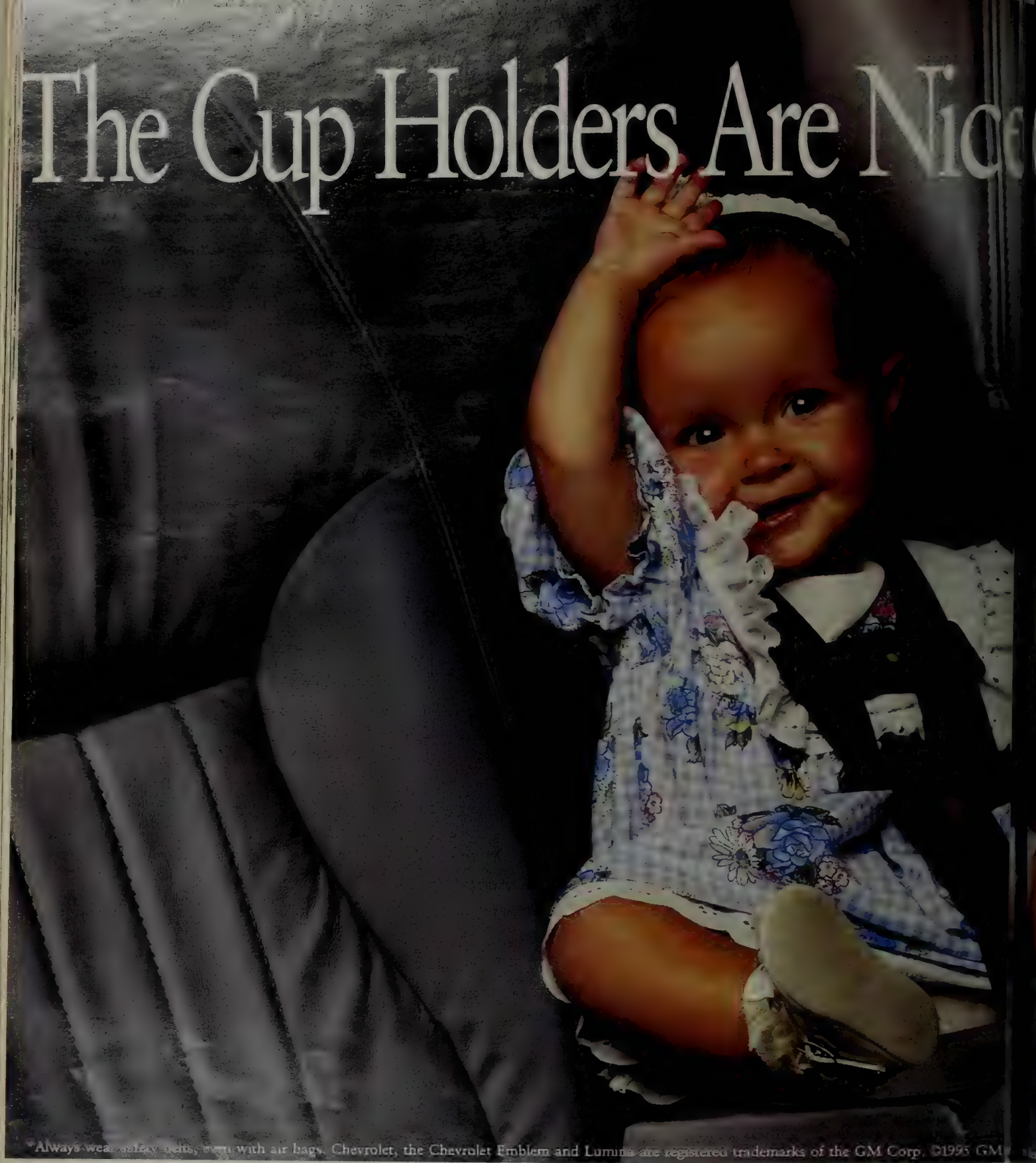
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great garlands

Is it any wonder that garlands attract such attention? Using simple ideas and easy-working materials, they slip personality-plus into every room and space they grace. Here are seven for you to consider.



Mat and frame a print, and you have a pretty picture; but garland it with roses, ribbon, and a flip of tassel, and it's the belle of the wall. Begin by drying your own roses, or purchase dried blooms. Cut quilting thread twice the finished garland length, and thread it (doubled) onto a tapestry needle; knot the end. Pierce one rosebud with the needle from bloom to stem, then string three gold beads. Repeat process until thread is filled; knot end. Determine drape of garland on the frame; wire bows and a tassel at the corner. Tack garland in place.

continued on page 22

great garlands

When your room needs a decorating boost, put these garlands into motion. Flowing lines and dramatic proportions take the eye and decor to new heights.



Clip enough branches and vines to span your mantel; firmly wire together. Add more branches to create an interesting framework. Wire clusters of dried oak leaves to major branches; add small gold Christmas balls, russet potatoes, oranges, and pomegranates to the garland, as desired. Entwine ribbon throughout arrangement.



Wire 24 dried hydrangea blooms, evenly spaced, along a 72-inch cord-and-tassel tieback. Wire together 36 bundles from 5-inch lavender stems (one bundle equals four stems). Wire 10-inch lengths of 1-inch ribbon by folding each length in half, slipping 6-inch wire through fold and twisting. Wire apple slices near peel. Working between hydrangeas, wire lavender bundles, apple slices, and ribbons onto cord.

continued on page 24

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great garlands

Even the smallest garlands can make a big impression. These two do it with a minimum of materials, super-easy assembly techniques, and simple design.



Use the end of a necktie for your pattern. Cut pattern from fabrics (two for each shape), adding ¼-inch seams. Join fabrics in pairs with right sides facing, leaving top edge open. Trim points, turn, and press. Press under top seam; sew closed. Add a pearl to tip. Tack shapes together at top corners.

Cut sisal twine the desired length of the garland and add 12 inches for a hanging loop. Make a 6-inch loop at one end; knot loop to make hanger. Using florist's wire, wrap 12 shafts of wheat together just below the wheat heads; trim stems so bundles measure 5 inches long. Wire bundles to twine, spacing them about 1½ inches apart. Hang garland, then wrap with ribbon. *Note:* Our garland is 50 inches long and uses two to three bunches of dried wheat. Check crafts supply shops for wheat.

continued on page 26



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STYLE IN THE MAKING

great garlands

Half the fun of decorating with garlands is trying something new and unexpected, such as spicing up the kitchen with pasta or framing a chair back in lemon leaves.



Cut three strands of yarn 12 inches longer than the desired length of the garland. Holding the strands together as one, thread them through a large-eye tapestry needle; knot the end. Slip two beads onto the yarn, then add wheat and spinach pastas in random patterns. You can thread the pasta over all three yarn strands, or thread it onto individual strands. Accent the pasta lengths with pinwheels and beads, as desired. Finish the length with two more beads and knot the end. Glue bay leaves to pinwheel clusters.



Cut a swag cord (long enough to drape across the chair back) and add 6 inches. Cut two 12-inch side cords. Glue a lemon leaf lengthwise, 3 inches from one end of each cord. Glue two leaves to each side of these leaves. Fill cords with leaves, *except* stop 3 inches from end of swag cord. *Note:* Leaves are available at crafts supply shops. Knot sides to swag. For "corsages," wire oak leaves and wheat around [illegible] sages atop knots.


We're such good friends, if I got invited to a big Hollywood party, I'd call you the minute I got home. Or if you had stuff on your face, I'd tell you, sooner or later.
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DESIGN *by Bonnie Maharam*

Miniature Meadow



Nestled in a wonderfully worn wooden box or any container that you love, an array of blooming daffodils, violets, and even grass can bring a refreshing splash of springtime color to your indoor table no matter what the season. Today, you can start your arrangement with grass seed and blooming daffodils, or purchase bulbs to enjoy bright yellow blooms even when the winter winds howl. Here's what you need to know about forcing bulbs to bloom and also about re-creating the naturally appealing tabletop "meadow" that we've planted, *above*.

continued on page 34


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Miniature Meadow

continued from page 32







THREE STEPS TO SUCCESS

You'll need a box, terra-cotta pot, or other container; a plastic sheet to line the container; potting soil; bulbs that can be forced (we used tête-à-tête daffodils); grass seed; and miniature African violets.

1. Line the container with plastic, then fill with potting soil. A lined box makes watering easier and prevents leakage. Just be careful not to overwater the plants.

To force bulbs: Plant the bulbs about 1 inch below the soil; press them in place, allowing the tops to pop out just slightly. Water bulbs well. Place in a refrigerator, unheated garage, or cool basement. The temperature can range from 35 to 50 degrees, but should never go below the freezing point. After 12 to 16 weeks (stems should be 1 to 3 inches tall), place potted bulbs into indirect light. Check and water as needed.

If using blooming daffodils: Plant as above and place immediately into indirect light, watering as needed.

2. When blossoms begin to show (after about three weeks) *or* immediately after planting blooming daffodils, sprinkle a heavy application of grass seed all over the dirt and close to the flowers. Water well and keep in good light. Do not let the seed dry. The seed should begin to sprout within seven days, and in about two weeks, it will be thick. Trim grass with scissors, or let it grow long and graceful, as we did.

3. For a final touch of color, add a row of miniature African violets for bold contrast. Simply remove the violets from their containers, and carefully place them in the grass in front of the daffodils. If the grass is long, the violets will appear to sprout right out of the ground. Water the violets as you water the grass and they'll blossom long after the daffodils have faded away.

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by Marge Kennedy

Talking to Teachers

Making the most of your 15 minutes



Some parents look forward to parent-teacher conferences with the same enthusiasm they would reserve for a root canal. Many teachers dread them, too. But before you get defensive, remember that you and the teacher are a team working toward one goal—the well-being of your child.

Take a few minutes before your conference to reflect and prepare, especially if it's your first experience. If the teacher reveals a problem about your child, you may feel that your parenting skills are being questioned. And you may disagree with the teacher's assessment.

But keep an open mind when the teacher offers opinions. Fred White, a first-grade teacher at The Cathedral School in New York City, says, "Parents look at their children with different eyes. That's the way it should be. Teachers, on the other hand, are more objective, less partial. While we certainly see each child as an individual, we also have the benefit of seeing many kids of the same age everyday. That gives us a basis for seeing where one particular seven-year-old is in relationship to other seven-year-olds."

A PARENT-TEACHER CONFERENCE IS YOUR OPPORTUNITY TO LEARN MORE ABOUT YOUR CHILD—AND TO SHARE IMPORTANT INFORMATION ABOUT YOUR CHILD WITH THE TEACHER.

Parents' expectations, White says, can be too high or too low. One mom in Missouri was surprised when her daughter's sixth-grade teacher commented on Samantha's leadership qualities. "Sam's our youngest, and she always seems to be following her older sister and brother's lead," Samantha's mother says. "But her teacher says she's always organizing group projects." Another parent, whose older son was a below-average student, was sure that her second child was a genius. "I was really shocked when I found out that Chad was considered average." She admits that it took her a long time to adjust her expectations of Chad and to take pleasure in his accomplishments. "I had to learn to be happy with the fact that even if he doesn't win a Pulitzer Prize before he's out of high school, he is still a success."

Approaching your conference with a positive attitude is a good

continued on page 38



Which meal will it be tonight?

Hunt's
MANWICH

That's Which.

Talking to Teachers

continued from page 36

start. You should also do a little homework before you go. Here's an assignment:

1. Ask your child for a self-evaluation. White recommends asking your child, "How do you think you're doing? Is there anything you'd like me to ask or tell your teacher?" If school policy allows, White suggests a three-way conference, so that your child can be part of the discussion.

2. Know the teacher's expectations and ask whether your child is meeting them. As one New Jersey mom said, "I saw the homework and the tests, and I figured everything was OK. What I didn't know was that my daughter's classroom behavior—things like interrupting and not paying attention—was causing trouble." Test scores alone may not reflect your child's performance. "I thought Brian was failing history because his midterm test grade was terrible," says Brian's mother. "But his teacher assured me that Brian always participated in class and that his project showed that he really grasped the material."

3. Know how your child is being graded. Does the teacher place more emphasis on classroom participation, homework assignments, test scores, portfolios, or a combination? If your child has been telling you, "Spelling doesn't count on my book reports," verify this with the teacher. Find out how you can keep up-to-date on your child's work.

4. Ask the teacher what your role should be. Are you expected to review homework, help with assignments, or sign reports? Be sure to ask questions if you don't understand something the teacher tells you. Ask for examples if a teacher makes a statement that needs clarification.

5. Find out how you can get additional help for your child, if needed. If in-school help is not available, ask where you can go outside the school.



THROUGHOUT THE YEAR, MAKE YOUR COMMITMENT TO YOUR CHILD'S EDUCATION VISIBLE.

6. Know the school structure. If you wish to discuss a teacher's evaluation of your child with another school official, to whom can you turn? Talk to the head of the parents' association to learn the usual protocol.

7. Share important information about your child with the teacher. There's more to your child than her school performance. What are his interests and hobbies? What are her goals? Is anything going on at home that affects school performance? Teachers benefit from your insights into what makes your child tick.

8. Watch your phrasing and your body language. In an audiotape entitled "Who Knows What About Your Child?" (part of the When Parents Face the School series), coauthor Judy-Arin Krupp, Ph.D., recommends that parents use language that supports their child and helps the teacher see the student in a positive light. For example, rather than saying, "She never pays attention," try, "We're working on helping her pay attention." Krupp also stresses the importance of being cooperative throughout the meeting. Rather than being defensive, ask for the teacher's recommendations on solving any problems. Offer your own suggestions. If you disagree on what's best for a child, such as whether he should repeat a grade, find ways to be cooperative rather than confrontational.

9. Attend the conference with your child's other parent, if possible. Sometimes one parent must stay home with the kids while the other attends meetings. Sometimes only the custodial parent gets involved in school business. Whatever the circumstances, remember that the point of the conference is to benefit your child's school career.

10. Share the contents of the conference with your child. Be sure to share all positive comments about your child's performance with him. And phrase the "needs improvement" portion of the report in a way that will serve your child and engender cooperation. "No TV until your math grades are up" is unlikely to help. A better approach: "I know you're having difficulty with math. Your teacher, you, and I need to work out a plan so that you can do better." Then ask your child for suggestions, offer your own, and check back with the teacher as you develop a strategy together.

The school conference is an important moment in the school year, but it's not your only opportunity to be involved in your child's education. It's not even the best one. Throughout the year, make your commitment to your child's education visible. Visit with teachers and administrators regularly, make sure your child does her work, and volunteer when you can. Then the school conference will be what it was meant to be—a well-child checkup instead of an emergency room visit. The real point of the conference, after all, is not about fixing problems, but avoiding them.

The audiotape, "Who Knows What About Your Child?" is available from Achievement, Inc., 485 S. Broadway, Suite 12, Hicksville, NY, 11801. Call 800/645-8989. Price is $7.95. ♦



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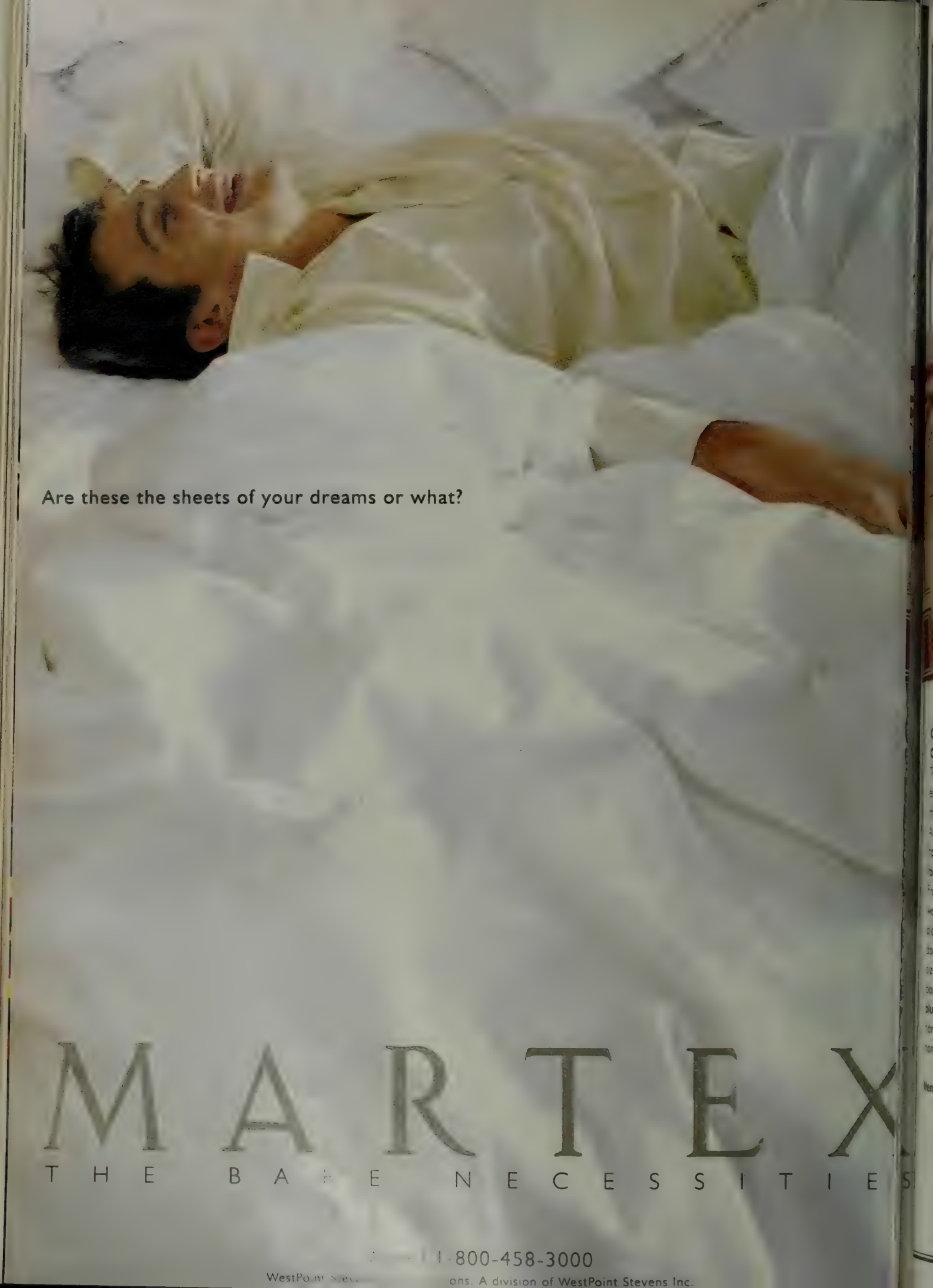


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continued on page 44

Giving from the Heart



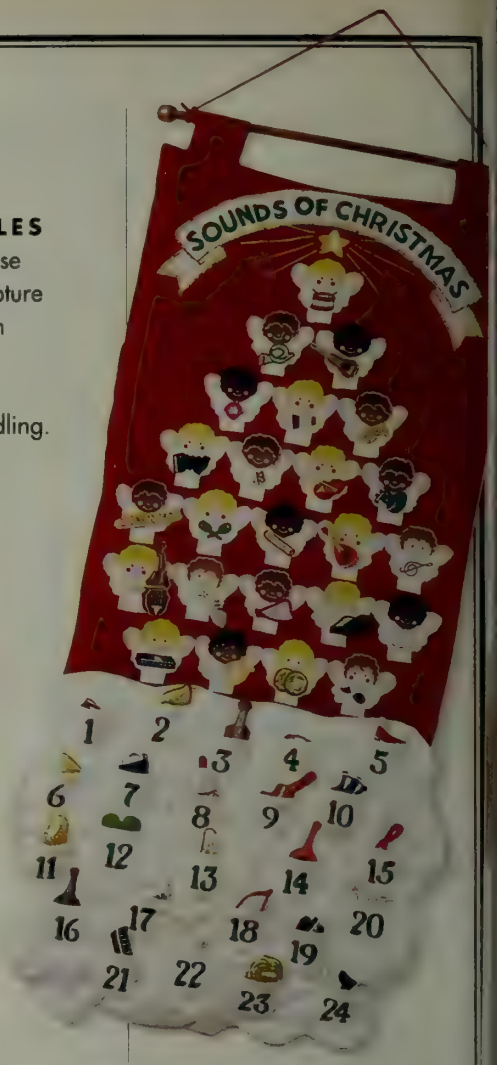
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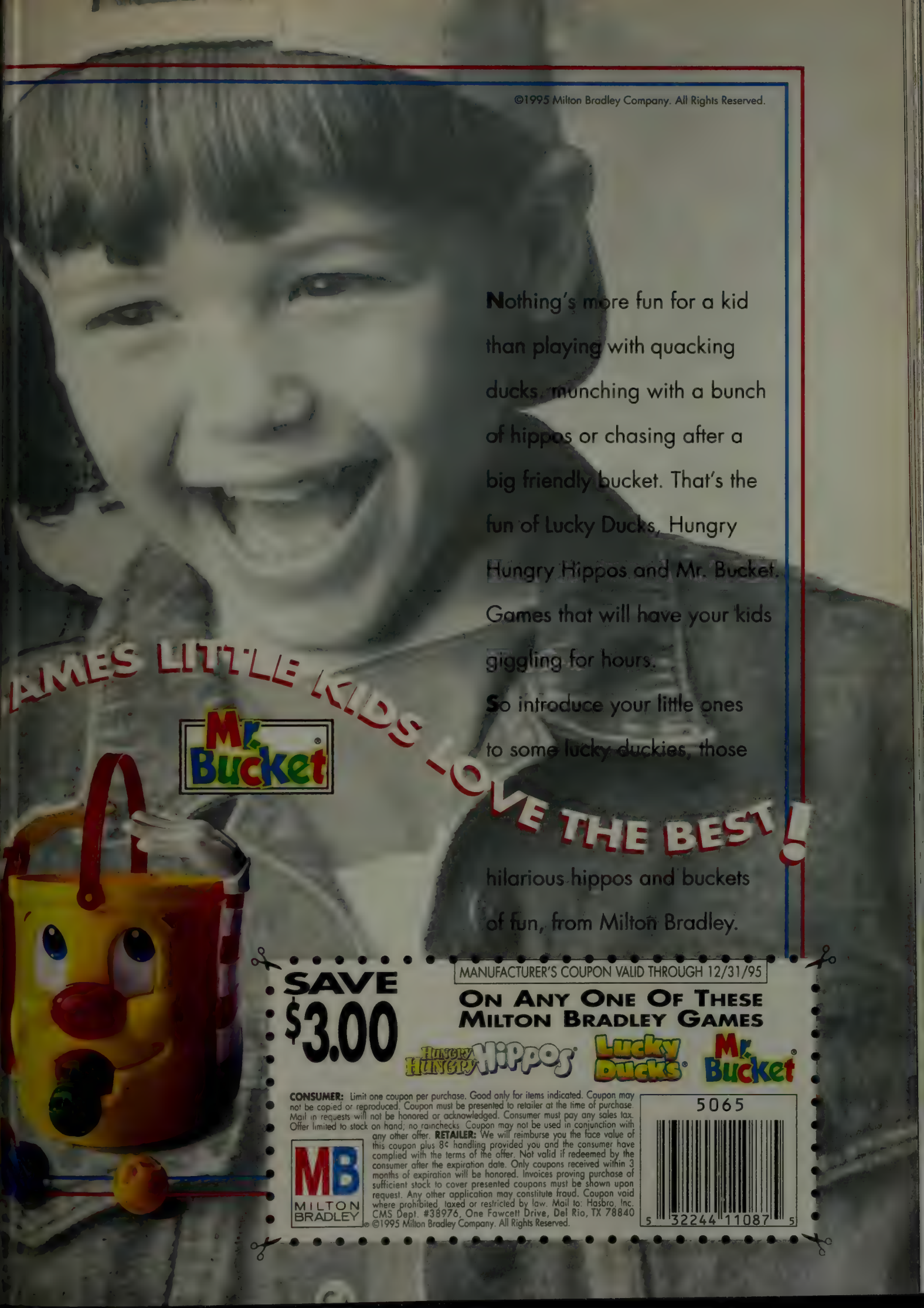
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Sweet News for Diabetics

By Elizabeth Somer, M.A., R.D.



Resisting sugary temptations can become a test of character at holiday events, especially for people with diabetes. You may virtuously decline the candy offered by the department-store Santa, but then succumb to the butter cookies at coffee break—to say nothing of the eating marathons at parties showcasing everything from gooey cheesecake to homemade pumpkin pie. But new research provides us with a welcome byword: Denial isn't the solution—savvy strategizing is. With a game plan, you can maintain your blood sugar without missing out on the feast and count your blessings rather than the extra pounds.

BY STRATEGIZING, YOU CAN MAINTAIN YOUR BLOOD SUGAR WITHOUT MISSING OUT ON THE HOLIDAY FEASTS.

HELLO, SUGAR

Until recently, diabetics were cautioned to avoid sugar at all costs. This warning was based on the assumption that sugar enters the blood rapidly and aggravates already temperamental blood sugar levels. Current scientific evidence no longer supports this theory. A wealth of new research shows that blood sugar rises no higher in response to sugar than it does to white bread, rice, carrots, potatoes, and many other foods. "It's not where the carbohydrates come from, but how much you eat and where you fit them into the day," says Susan Thom, R.D., president of the American Association of Diabetes Educators. Because of these findings the American Diabetes Association has loosened its recommendations on sugar. But, while the update may be welcome news to anyone with diabetes, it is not a passport to cruise the buffet table, especially during the holidays when weight gain and added stress alone can raise blood sugar levels. Your total carbohydrate intake from both starches and sugar still must be monitored just as closely as ever.

According to Thom, the way to achieve blood sugar control, overall health, and waistline maintenance is to eat modest amounts of sugar in place of other carbohydrates such as pasta, breads, rice, or cereals— not simply add the sweets. In other words, you can trade tonight's baked potato with toppings for a small serving of pumpkin pie, but you can't have both. "The issue is more *when* than *what*," says Thom. "Rather than eat the day's allotment of carbohydrates at dinner, people with diabetes must evenly space their intake throughout the day."

Keep in mind that sugar is a nutritionally poor substitute for more wholesome foods. If consumed in excess, sugar will add pounds (and maintaining a healthy weight is vital to diabetes management) or threaten health if the sugary foods replace nutrient-rich choices.

HOLIDAY SURVIVAL KIT

The message is to budget your sweets. That requires 1) advance planning, 2) an emphasis on healthful recipes, and 3) daily exercise. For example, when the evening's party forecasts richer foods, plan to eat a low- or no-fat

continued on page 50

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Sweet News

continued from page 48



breakfast and lunch and exercise in the afternoon. Stick to your regular eating times—which may mean bringing nutritious snacks with you so you don't end up at the mall's cookie counter.

Decide ahead of time what and how much you will eat ("I'll have a small piece of pie with no ice cream") and ways to handle social pressure ("No thank you, I couldn't manage another bite"). Then stick to your plan. Develop personal "rules" for sweet indulgences, such as limiting serving size, sharing one dessert with a friend, scraping off the high-fat whipped cream, or rationing desserts to four per week (this way you are postponing, not denying, yourself a treat). Check diabetic exchanges to ensure staying within limits (see list of diabetic exchanges, right).

Another trick: Tip the sweets scale in your favor by bringing a favorite low-sugar dessert to social functions, such as plain cookies, nonfat frozen yogurt, diet hot chocolate, mulled fruit compote, baked apples, or sugar-free puddings. That way there will be something both appealing and appropriate for you to eat.

Finally, make sure you don't take a holiday from daily exercise. Supplement your routine workouts by inviting someone to walk with you after meals, during lunch break, or instead of a sit-down chat. Park a distance from the mall or power-walk while shopping.

REVISING RECIPES

Most holiday dessert recipes can be made more healthful without sacrificing taste. Spices enhance sweet flavors, so experiment by increasing them and cutting back on sugar. In oil-based baked goods, the BH&G Test Kitchen finds you can eliminate about one-quarter of the recipe's oil without noticeably altering taste or texture. To enjoy the essence of a pie without all the fat, bake the pie filling sans crust, and add a cutout made of piecrust on the top; this will allow you the small taste you crave.

Sugar substitutes are another alternative for just about everyone, including diabetics. Aspartame, also called Equal or NutraSweet, can be used at the table, in cold foods, or added to hot foods after cooking. Do not use aspartame prior to cooking, since it breaks down and loses its sweetness with heating.

Saccharin—packaged as Sprinkle Sweet, Sugar Twin, Sweet 'n Low, or Sweet 10—can be used in cooking. Saccharin is best added near the end of the cooking time, since it can become bitter or lose its sweetness with prolonged heat. Acesulfame-K—also called Sweet One—can be added at the table and, because it is stable to heat, can replace up to half the sugar in cooked and baked foods (some sugar is needed for bulk and texture). For recipes and information on using artificial sweeteners, call NutraSweet (800/321-7254) or Sweet One (800/544-8610).

Although corn syrup, fruit juice concentrate, honey, molasses, dextrose, and maltose can be used in place of sugar, there is no evidence that these sweeteners have any advantage over regular table sugar. While fructose produces a smaller rise in blood sugar levels and might offer some benefits as a sweetener when used in moderate amounts, large amounts (as in high-fructose corn syrups) can raise blood cholesterol levels.

RECOMMENDED RESOURCES

The *American Diabetes Association Holiday Cookbook*, Betty Wedman, R.D., Prentice Hall Press, New York, 1986.

The Complete Diabetic Cookbook, P.J. Palumbo, M.D., and Joyce Daly Margie, M.S., New American Library, New York, 1987.

Diabetic Cook Book, Better Homes and Gardens, Des Moines, 1992.

Elizabeth Somer, M.A., R.D., is the editor-in-chief of Nutrition Alert, *a newsletter on nutrition research.*

DIABETIC EXCHANGES FOR HOLIDAY DESSERTS

DESSERT	EXCHANGE
1 slice pumpkin pie	½ Bread, 1 Fat
1 slice pumpkin pie with 2 Tbsp. light dessert topping	½ Bread, 2 Fat
1 slice pound cake with ¼ cup blueberries in syrup	½ Bread, 1½ Fruit, 1 Fat
1 slice pecan pie	½ Bread, 1½ Fruit, 3 Fat
1 slice fruitcake	½ Bread, 1½ Fruit, 1 Fat
¼ cup cranberry sauce	2 Fruit
1 cup fruit punch	2 Fruit
[illegible] cup candied sweet potatoes	2 Bread
[illegible] low-fat eggnog	1⅓ Milk, 1½ Fat
[illegible] bread	1 Bread, 1¼ Fruit, 1 Fat

EW

Cafe Classics

Mesquite Beef



ender pieces of beef, red peppers and onions in a Southwestern,
esquite-flavored sauce. Accompanied by savory rice, black beans,
eppers and corn. And yet, amazingly, low in fat and calories.

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by Dan Weeks

My Family Decision

"Getting a vasectomy means I won't hold one of my own newborn babies again...



I'm a 36-year-old married guy with two great kids. My wife, Deb, and I love them dearly, but we also decided that, for us, two was the perfect number. When we started looking for a long-term, reliable method of birth control, a vasectomy seemed like the best solution.

To Deb, the procedure seemed straightforward and painless, especially when compared to the ordeal, however welcome, of pregnancy, childbirth, and nursing, or to the costs and dangers of female sterilization or tubal ligation. It also meant we'd be spared the inconvenience, risk, and attendant anxiety of day-to-day birth control.

...that in an uncertain world our family is now finite."

But the deceptively simple snip of a vasectomy is fraught with complex implications and emotions: Getting a vasectomy means I won't hold one of my own newborn babies again; that my five-year old son Ben will never know a brother or my eight-year-old daughter Abby a sister; that in an uncertain world our family is now finite, and therefore somehow a bit more vulnerable—still subject to loss and death but no longer to birth and gain.

Then, heavy stuff aside, there is the sheer awkwardness of the subject. Men aren't used to talking about getting their private parts worked on. Are vasectomies an appropriate subject for polite conversation? How should I tell Bev, my boss, that I need a day off? Can I say "elective surgery" with a straight face, or should I just go ahead and use the V-word?

My decision to have a vasectomy should have been a snap. Instead, it took me four years of hemming and hawing, avoidance, and denial before I finally made up my mind.

The procedure is quick, simple, safe, and nearly painless. First, there's a shot of local anesthetic that usually causes no more discomfort than novocaine before a tooth filling. Then the doctor makes a tiny incision (or, in so-called "no scalpel" procedures, pierces a small hole) in the scrotal sac. He cuts the vas deferens, two small tubes that carry sperm to the urethra, and seals the ends. The procedure usually takes about 20 minutes. During my operation, my doctor and I chatted the whole time.

Vasectomies have a minuscule failure rate, between 0.1 percent and 0.5 percent, according to *The Lancet*, a British medical journal. By comparison, female sterilization has a 0.4 percent failure rate, the pill, 3 percent, and condoms, 12 percent.

Although two studies published in 1993 caused a brief period of concern that vasectomized men might be at greater risk of developing prostate cancer, subsequent studies disagreed. No one—including the authors of the first two studies—suggests that men should avoid getting vasectomies as a result of the findings.

Recovery offers a good excuse to take it easy. After my vasectomy, I went home, lounged around for a day or so and made sure I didn't lift anything heavy for a week

continued on page 5-

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My Family Decision

continued from page 52

Minor swelling and soreness are normal for a day or two. In my case, an ice pack and a few prescription pain pills took care of it. I've had headaches that were worse.

After eight weeks, I returned for a sperm count. Another sperm check was done six months after surgery to ensure that the vas deferens haven't managed to grow back together. It's a rare possibility, but one that could result in an unexpected pregnancy.

Many doctors, urologists, outpatient clinics, and some family planning organizations offer the procedure. Most health plans help pay, though you should check with your insurance company in advance to determine what benefits apply. My vasectomy cost $570, and all but $36 was covered by my HMO, making this my absolute lowest-cost birth control option.

With numbers like that, it's easy to see why vasectomies are so popular. Eight million American men—20 percent of those over 35—have had one, and 500,000 more get them every year.

Still, vasectomies are less than half as common as the number-one birth control option used in this country—the more expensive, inconvenient, and sometimes dangerous tubal ligation. A tubal ligation, in which a woman's fallopian tubes are sealed off, generally costs about $2,500. It can involve a hospital stay, general anesthesia, and some risk: of every 100,000 women who have the operation, one or two die.

Jeanne Haws, director of U.S. Programs for AVSC International, a nonprofit family planning organization based in New York City, says vasectomies are gaining on tubal ligations. She believes more widespread information about vasectomies—and the increase in popularity of the gentle-sounding "no scalpel" technique—should increase their popularity even more.

Men, however, continue to have a lot of fears about the procedure. That's understandable, says Haws. "You're dealing with a very sensitive part of the anatomy, one men spend their lives protecting," she says.

Their main concern is how a vasectomy will affect them sexually, according to AVSC surveys. Sex drive and functioning after a vasectomy are exactly the same as before. Physical sensation and the circulation of male hormones are unaffected. As my doctor put it, "You're not going to turn into a soprano." Since sperm make up only a tiny part of the seminal fluid ejaculated, there's no perceptible change there, either.

For many men, sex is better after a vasectomy than before, says Haws. It's more spontaneous, free from anxiety about birth control and risk of pregnancy.

Obviously, having a vasectomy is

not something you want to do unless you are certain you never want to have another child—under any circumstances. There are surgical procedures designed to reverse vasectomies, but they usually cost about $5,000 and have a success rate of around only 50 percent. Also, they can be difficult to get. The operation is only performed in certain states.

Vasectomies aren't for every man who believes he has completed his family. A good friend of mine, who has fathered the only two children he ever expects to have, is comfortable with less permanent methods and sees no need to change.

For me, the operation was a self-chosen change of identity—a leaving behind of the child-creating self and a focusing on the child-rearing self. I feel as though I have made an irreversible commitment to my wife and children. Though few others have known about it, it speaks as loudly as a wedding vow.

Put into words, it might sound something like this: "You are all the family I want, all I need, and all I will ever have. You are unique and irreplaceable. I am joined to you by the act of creation. Now I will focus my love as a husband and father on nurturing and supporting you."

Like getting married, it's a good feeling.

WHAT TO CONSIDER

If you and your spouse are contemplating a vasectomy, good information and communication are key, says Jeanne Haws, director of U.S. Programs for AVSC International. To feel more comfortable:

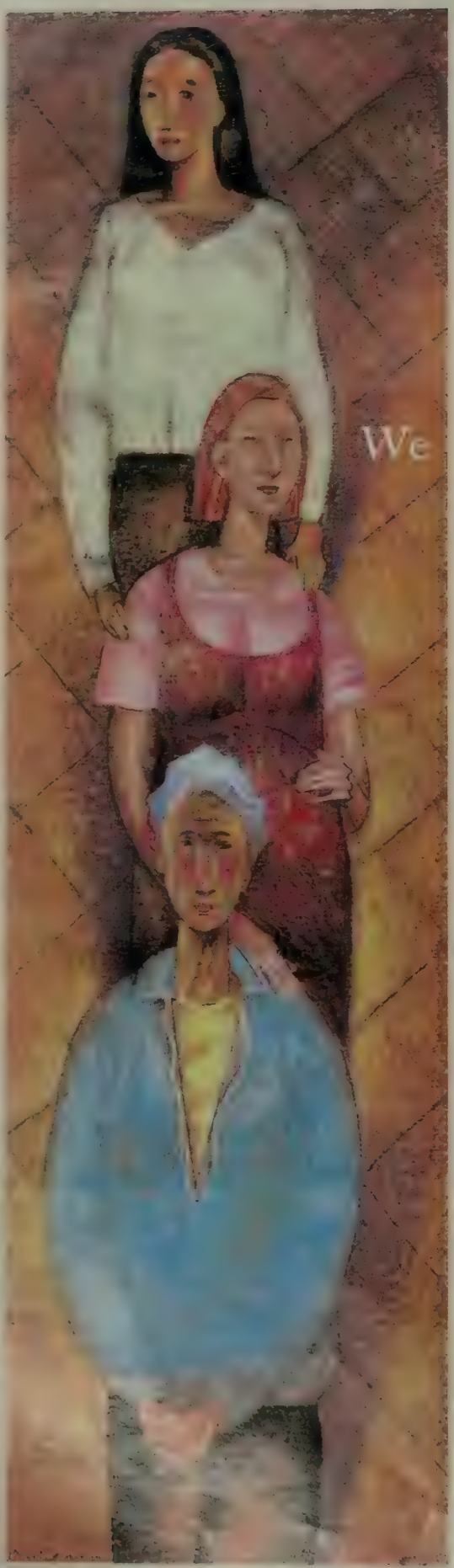
- Talk to other couples who have wrestled with the decision, and talk to other men who have had vasectomies. Most are willing to share their experience.

"Talking to another man who has had one can make a big difference," Haws says. "I've heard of one doctor that did a whole fire department. Once the guys got talking, everybody wanted one."

- Talk to your partner about the subject. Family planning is a joint responsibility, and deciding to get a vasectomy is a big decision. It's helpful if both partners offer emotional support; share feelings, desires, concerns, and opinions; and express respect and understanding for the other's views.
- Talk to your doctor. He or she can answer specific questions about the procedure or refer you to someone who can.
- Contact AVSC. You can write them at 79 Madison Avenue, New York, NY 10016; or, call 212/561-8000 or 212/561-8093. The organization publishes a free brochure, "Vasectomy: Answers to Your Questions About Permanent Birth Control."



by Martha Miller



7 tests *for* life

We love medical advice. A new study makes headlines almost weekly and many of us find ourselves altering our habits based on what we read (or at least thinking about it). We may be swallowing handfuls of antioxidant vitamins, eating more fish, increasing or decreasing our workouts.

Yet many of the studies are inconclusive. More tests still need to be done. There are, however, several medical screenings that have proven their value in detecting various diseases.

The American Medical Association (AMA) recommends seven different tests for eyes, teeth, blood pressure, cholesterol, cervix and breasts (women only), and colon, that if done regularly throughout your life, can put you on the path to prevention. The tests don't take long and are done in a dentist or doctor's office. Age and medical history influence which tests you should have, so it's best to check with your physician.

"Preventive medicine is terribly, terribly important, sometimes even more important than treatment," says James Todd, M.D., executive vice-president of the AMA. "We want to get people to have a fundamental baseline of preventive services."

Dr. Todd cautions that while screenings are good at the time they are done, patients still need to be vigilant about their health. "You can have all the screening tests done in February and then have mischief occur in April," he says.

He also suggests keeping track of your medical records. Buy a notebook to record the results of your screenings as well as each doctor visit. Keep a list of medications you take now and ask your pharmacist for a computer printout of prescriptions you've had filled in the past year.

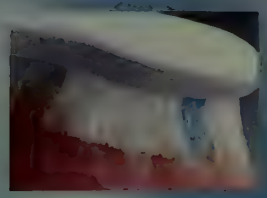
For the suggested screenings, grouped by age, please turn to *page 62*.

continued on page 62

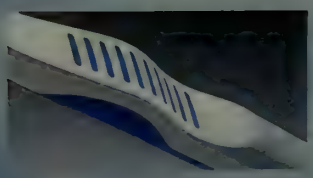
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"You Deserve a Break Today" is created exclusively for McMemories by the experts in dollmaking, the Ashton-Drake Galleries. He is crafted to exacting standards and comes backed by a full 365-day guarantee of satisfaction.

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"You Deserve a Break Today" can be yours to cherish for only three convenient monthly installments of $19.99 (plus shipping and handling.) To make him your very own, complete and mail the attached Reservation Card. But please hurry ..."You Deserve a Break Today" is issued in a hand-numbered edition, complete with Certificate of Authenticity. Order Today!

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30301-E8

7 tests for life

continued from page 56

Here are the recommended screenings and definitions:

1. Eye exam. Checks for any visual problems or eye muscle disorders and looks for signs of disease development.
At high risk: People with diabetes or high blood pressure or who have a family history of glaucoma.

2. Dental exam. Checks for health of teeth, gums, tongue, and mouth, and looks for oral cancer.
At high risk: Smokers and tobacco chewers.

3. Cervical (Pap) smear—For women only. Checks for abnormal cells in the lining of the cervix that could develop into cancer.
At high risk: Women with herpes or genital warts.

4. Blood pressure measurement. Detects high blood pressure early before complications arise.
At high risk: People with a family history of high blood pressure, heart or kidney disease, or stroke; people who are diabetic, overweight, or on oral contraceptives.

5. Cholesterol test. Detects a high risk of coronary heart disease.
At high risk: Those people who have a family history of early-onset heart disease.

6. Mammogram (breast X-ray)—For women only. Detects breast cancer early, before it can be found by physical examination.
At high risk: Women with a close relative who has had breast cancer.

7. Rectum and colon exam. Checks for cancer of the rectum and colon. There are three tests: a) digital rectal b) tests for hidden blood in the stool c) flexible sigmoidoscopy, an exam of the rectum with a viewing tube.
At high risk: People with an immediate family member who has colon or rectum cancer, polyps in the colon, or long-standing extensive ulcerative colitis.

18 TO 29

Test	People not at high risk	People at high risk
☐ Eye	Every two years if you have problems with your vision	At least once a year
☐ Dental	Every 6 months until 21, then at least once a year	As your dentist recommends
☐ Cervical (Pap) smear	Annually for women over 18 and all sexually active women, or as your doctor recommends	Once a year
☐ Blood pressure	Begin at 20; after 20, at 3- to 5-year intervals	Once a year
☐ Cholesterol	At the time of your first physical	If abnormal, follow your doctor's advice
☐ Breast	Monthly self-exam	Monthly self-exam
☐ Rectum/colon	Usually not necessary	Once a year after 20

30 TO 49

Test	People not at high risk	People at high risk
☐ Eye	Every 2 years; if you have good vision, start eye exams at 40	Once a year
☐ Dental	At least once a year	As your dentist recommends
☐ Cervical (Pap) smear	Every 1 to 3 years	Once a year
☐ Blood pressure	Every 3 to 5 years	Once a year
☐ Cholesterol	Depends on results of last test; if normal repeat in 5 years	If abnormal, follow your doctor's advice
☐ Breast	Begin at 40, then every 1 to 2 years to 50	As your doctor recommends
☐ Rectum/colon	Once a year after 40	a) annually b) annually c) Every 3 to 5 years

50 AND OLDER

Test	People not at high risk	People at high risk
☐ Eye	Every 2 years	At least once a year
☐ Dental	Every 1 to 2 years	As your dentist recommends
☐ Cervical (Pap) smear	Every 3 to 5 years	Once a year
☐ Blood pressure	Once a year	As your doctor advises
☐ Cholesterol	Depends on results of last test; if normal repeat in 3 to 5 years	If abnormal, follow your doctor's advice
☐ Breast	Once a year	Once a year
☐ Rectum/	a) annually b) annually c) every 3 to 5 years	a) annually b) annually c) every 3 to 5 years



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by Gary Legwold

What Happened To My Face?



ROSACEA, A LITTLE-KNOWN SKIN DISORDER, IS LEAVING MILLIONS OF AGING BABY BOOMERS RED-FACED AND FRUSTRATED. THE GOOD NEWS: THERE IS HELP.

Gloria Lutes was one of those girls in school who had a complexion people envied. Her creamy smooth skin even helped her land a seat on the royalty float during her high school's homecoming. Pimples were never a problem.

Then she turned 30. Tiny red bumps began to slowly appear on her face. Gloria thought it was a temporary condition brought on by hormone changes during pregnancy. But the bumps continued even after she stopped breast-feeding. She finally went to a dermatologist, who diagnosed rosacea (ro-ZAY-sha).

"I was devastated to find out I had a skin disorder that everyone would see and that would never go away," she says. "It crushed me."

Rosacea, sometimes called adult acne, affects 13 million Americans. It generally strikes people in their 30s and 40s. In its early stages, rosacea appears as a subtle redness on the cheeks, nose, chin, or forehead that comes and goes. As the disease progresses, the redness becomes ruddier and more permanent.

Spidery red blood vessels become visible, and tiny acne-like bumps and pimples appear. In the most severe cases, the nose can become swollen (W.C. Fields had rosacea). People often are mistaken as alcoholics.

"My nose was bulbous, like a clown nose," says Audrey Emerick, who drove a school bus in Bayden, Pennsylvania, when her rosacea first appeared. "I sensed what was going through other people's heads—that it looked like I had a rough night and tied one on. The stress just made it worse. On the first day of school there must have been many concerned parents when I showed up driving the bus."

Curse of the Celts. Researchers aren't certain what causes rosacea. Some experts think a microscopic mite living in hair follicles plays a part; others suggest rosacea is linked to H. pylori, a bacterium that has been connected to peptic ulcers. Most doctors, however, believe rosacea is a disorder of the blood vessels, which could explain the flushing. Since several members of a family can get rosacea, doctors also believe it's hereditary.

People with fair skin who flush or blush easily are the most vulnerable. Rosacea has been called the "curse of the Celts" because so many who get it are of Irish ancestry.

continued on page 66

There's more than one way to help prevent another heart attack.



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Heart Association

THE POWER OF BAYER

Rosacea

continued from page 64

"You go into a bar in Dublin and quite a few of the people over 40 will have rosacea," says Larry Millikan, M.D., professor and chairman of dermatology at Tulane University. It also is common in people with English, Scottish, or Northern and Eastern European ancestors, he says.

Dermatologists can help. While there is no way to prevent rosacea, a dermatologist can help you control it. "Rosacea will be an unwelcome guest for the rest of your life," says Jerome Litt, M.D., assistant clinical professor of dermatology at Case Western Reserve University School of Medicine.

An oral antibiotic, such as tetracycline, is often prescribed to reduce inflammation. Metronidazole, a prescription antibiotic cream, can help reduce the redness. Patients on oral antibiotics usually see improvements in two to four weeks, but it can take twice that long for the topical antibiotic to take full effect. Oral antibiotics can cause adverse reactions, such as nausea, sensitivity to light, and vaginal yeast infections, says Joseph Bikowski, M.D., assistant clinical professor of dermatology at the University of Pittsburgh. For long-term therapy, the topical antibiotic is preferred, he says.

One of the best ways to control rosacea is to learn what factors cause flare-ups and to avoid them. For many patients, sun, stress, hot or cold weather, alcohol, and smoking worsen their condition. So does heavy exercise, hot showers or baths, caffeine, and certain drugs (topical steroids or vasodilator drugs used to treat cardiovascular disease). Spicy foods and hot drinks also can cause problems, as can foods that are pickled, marinated, and smoked.

Women can reduce rosacea's redness by using foundations that have shades of green or yellow. Clinique, Estée Lauder, and Chanel cosmetic companies sell foundation, concealer, and powder with green tints in them. Men should use an electric shaver rather than a blade, which can irritate skin. Also, avoid aftershave lotions containing alcohol, witch hazel, menthol, or peppermint. They may sting. Sunscreen is a must.

While antibiotics and cosmetics make most rosacea patients feel better about their appearance, some may balk at all the fussing with their face. They may think they are pampering themselves too much or being self-centered. That kind of thinking stops many rosacea sufferers from seeking treatment, especially in the early stages, says Suzanne Corr, a spokeswoman for the National Rosacea Society.

But the earlier you recognize rosacea's symptoms and begin treatment, the better chance you have of keeping it under control. Audrey put off treating her rosacea for years mostly because money was tight. "Everyone thinks it's a vanity trip to get your face fixed up and all," she says, "but rosacea is emotionally painful. I know."

Don't lose face. Gloria also knows the pain, feelings of shame, and embarrassment rosacea can bring. When she saw one of her brothers for the first time since her diagnosis, he blurted out, "What happened to your face?"

Today, whenever she exercises or gardens, her face turns red. She senses that others think that she is really out of shape, even close to having a heart attack.

Low self-esteem and lost confidence can linger long after rosacea symptoms are cleared up, says Thomas Cash, Ph.D., a psychologist at Old Dominion University. People may isolate themselves for fear of a flare-up, or spend hours in front of a mirror focusing on one disagreeable feature while ignoring all the fine features that are still there.

"They feel as if they have lost something they have always valued," Cash says. "Or their appearance has not been that important to them, but now they are forced to look at their looks a lot."

Cash, author of *What Do You See When You Look Into the Mirror?* (Bantam, New York, 1995, $11.95), advises rosacea patients to keep a journal. Getting your thoughts onto paper can help clear up misinterpretations. It can help you define the situations and factors that cause flare-ups. Better yet, find someone else with rosacea to talk to.

Gloria thought she couldn't confide in anyone until a good friend, who noticed Gloria's symptoms, revealed that she too had rosacea. "I would have never known," Gloria says with a chuckle. "We are both very vain—she even more than me."



This woman took part in a study and was treated with the topical antibiotic metronidazole. For more information about rosacea, write to the National Rosacea Society, 220 S. Cook St., Suite 201, Barrington, IL 60010. Or, call 708/382-8971 for a free booklet on rosacea and a chart of common factors that trigger flare-ups.

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Kotex Understands®

health update

NEWS THAT WORKS FOR YOU



JUST ANOTHER MANIC...

Reducing stress is important any day of the week, but you may want to try and be extra calm on Mondays.

Besides being the most common day for heart attacks, Mondays now have the dubious distinction of being the day most people suffer strokes.

Scientists at the Framingham Study and Boston University School of Medicine recently analyzed 40 years of data from more than 5,000 men and women, 30 to 62, who were free of heart and blood vessel disease. In that time, there were 637 strokes, and 17 percent of them happened on Mondays. They also found that working men were twice as likely as working women or retirees to experience Monday strokes.

Researchers are looking into a couple of theories why the second day of the week stands out, says Maggie Kelly-Hayes, Ed.D., R.N., an investigator for the Framingham Study, and a BU associate clinical professor of neurology. One theory is that the physical change from a weekend schedule to a more hectic work pace may cause subtle changes in blood pressure and heart rate, says Kelly-Hayes. The least likely day to have a stroke? Sunday.

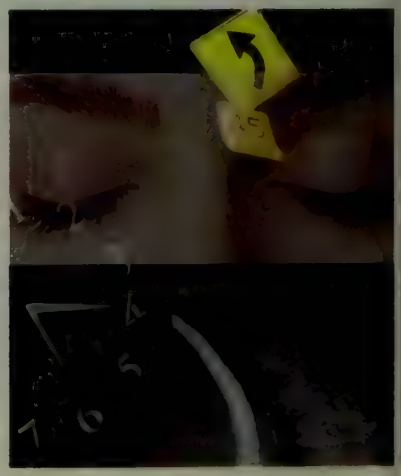
HEALTH A[illegible]

Old Glasses Become New A[illegible] Help others see better by dropping off your old prescription eyeglasses and sunglasses at any LensCrafters store now through New Year's Day. The optical company and Lions Clubs International are holding their eighth annual "Give the Gift of Sight" eyeglass collection and recycling program for distribution in developing countries. Last year, Americans donated more than 1 million pairs of glasses to needy peop[illegible]

Get Some Sleep

A disproportionately high number of people with sleep disorders are involved in fatal traffic accidents.

Men and women with sleep apnea (when breathing is temporarily interrupted) are seven times more likely to have accidents compared with those who have normal sleep, says Merrill Mitler, Ph.D., director of sleep research at The Scripps Clinic in La Jolla, California. Insomniacs are 2.5 times more likely to have accidents. Studies also show that inadequate sleep negatively affects the immune system, which controls the body's ability to fend off disease.



Many people have acquired such poor sleeping habits that they don't even know how much sleep is enough.

"If you have trouble staying awake during the day while doing a sedentary activity like reading or driving," Mitler says, "you need more sleep."

continued on page 70

IN YOUR FIGHT
PERHAPS YOU SHOULD

AGAINST PLAQUE,
BE A LITTLE GENTLER.





exing head



2-way motion

Brushing hard isn't the way to fight plaque. Brushing right is. That's why we developed the Norelco DentiFlex Plaque Control System. It's the better way to clean your teeth, since its unique Dual-Action Brush Motion is clinically proven to help control plaque. And its Pressure Response System helps protect your gums from damage by flexing back if you press too hard. The new Norelco DentiFlex. Fight plaque without being so hard on yourself.



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RUSS Holiday Memories Contest

RUSS invites you to share a holiday experience that made you appreciate one of your gifts. Your entry might win you another gift—a weekend away with a loved one! In the spirit of holiday giving, RUSS will also be donating a selection of products to The March of Dimes.

GRAND PRIZE
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10 FIRST PRIZES
Antique-styled Teddy Bears by RUSS

25 SECOND PRIZES
Better Homes and Gardens' Favorite Recipes from Country Inns

HOW TO ENTER
Describe, in 100-150 words, a holiday memory that made you appreciate a gift (either an actual present, or an intangible gift such as your family). Entries will be judged on interest and clarity of expression.

SEND ENTRIES TO:
Russ Berrie's Holiday Memories Contest
c/o Better Homes and Gardens
750 Third Avenue
New York, NY 10017



Official Rules: 1. To enter, type or clearly print your name, address, and daytime phone number, along with your holiday memory on an 8-1/2" x 11" sheet of paper and mail to the above address. See How to Enter above. One entry per person. 2. Entries must be original and not previously published. Entries must be postmarked by January 12, 1996. Winners will be selected on or about February 15, 1996. Winners will be notified by mail. No responsibility is assumed for lost, late, or misdirected entries. 3. Entrants must be U.S. residents, 18 years and older, except employees of Meredith Corporation and Russ Berrie, their agents, affiliates, subsidiaries, and families. 4. All entries and materials submitted become the property of Russ Berrie and will not be returned or acknowledged. All rights, title and interest, including copyright rights, belong to Russ Berrie. Russ Berrie reserves the right to edit, adjust, modify, abridge, condense, and excerpt entries. 5. Entries will be judged on content and clarity. Judging will be conducted by Russ Berrie. The decisions of the judges will be final. 6. One winner will be selected as the Grand Prize winner and will receive a gift certificate good at any country inn in the Independent Innkeepers' Association network (retail value: $500). Ten first prize winners will be selected and will receive a Russ Berrie Antique-style Teddy Bear (retail value: $69). Twenty-five Second Prize winners will be selected and will receive a copy of Better Homes and Gardens Favorite Recipes From Country Inns (retail value: $19.95). 7. Entrant grants permission to use winner's entry, name, likeness and photograph for editorial, public relations, promotional, and advertising purposes on behalf of Russ Berrie, unless prohibited by law. Winner will be required to sign an Affidavit of Eligibility within ten (10) days of notification. 8. Prizes subject to all federal, state and local laws and regulations. Void where prohibited. Taxes are the sole responsibility of the winners. 9. For winners, available after February 15, 1996, send a self-addressed stamped envelope to: Better Homes and Gardens, "Holiday Memories" Contest, 750 Third Avenue, New York, NY 10017.

health update

continued from page 68

CINNAMON'S SPICE NOT ALWAYS NICE

Cinnamon lovers who get unexplained, painful mouth sores or a burning sensation on their tongue may actually be allergic to the sweet-smelling stuff.

Foods that contain cinnamon, such as gum, pastries, candy, cereals, and herbal teas, have been found to cause mouth ulcers in some people who eat large quantities of cinnamon.

"We're seeing cinnamon used as a flavoring agent in more and more products," says Michael A. Siegel, D.D.S., M.S., an associate professor of oral medicine at the University of Maryland Dental School. "What people don't realize is that cinnamon is an irritant. It's a caustic substance that can dry out and irritate the soft tissue lining in your mouth."

In a study at the University of Louisville School of Dentistry, patients with mouth sores and irritation were treated for a cinnamon allergy. Those who ate large amounts of cinnamon-flavored foods reported that their symptoms healed within weeks after they stopped eating the foods.

Dr. Siegel, who compares the ailment to contact dermatitis, says the condition is not dangerous, only uncomfortable. If you eat a lot of cinnamon and find that it irritates your mouth, you may just want to try another spice.

ONLY THE GOOD LIVE LONG

If you want to live a long life, eat right, exercise, and be nice.

An ongoing study that started in 1921 of 1,528 men and women has shown that personality traits, such as impulsivity, egocentrism, and undependability had a negative impact on physical health and mortality while

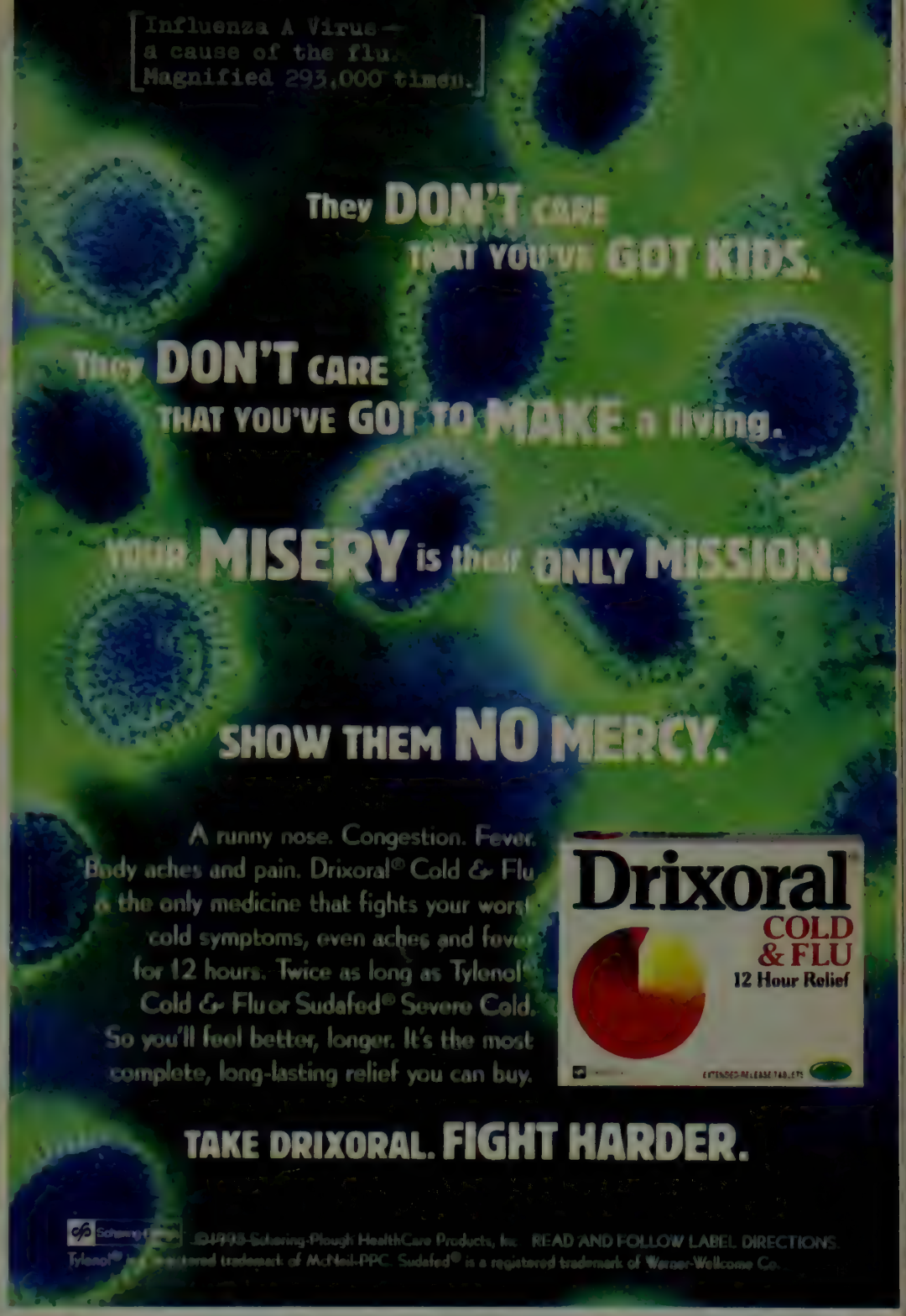
conscientiousness and truthfulness had a positive effect.

Here's how the study was done: Teachers in California identified gifted 10-year-olds in their classes. After some initial tests, teachers and parents rated the students on a variety of personality traits. The rating was then repeated when the students were 16, and researchers continued tracking the group over the next 73 years.

Researchers theorize that conscientious people live longer because they are more realistic and less prone to accidents. They also are less likely to have poor health habits.

Carol Tomlinson-Keasey, vice provost academic planning and personnel at the University of California-Davis, and one of seven researchers who analyzed the data, says most conscientious people pay attention to nutritional and weight charts, don't smoke, and generally lack bad habits.





HOW TO SILENCE A STUFFY NOSE

It's that time of year again when sweaters, afghans, and tissue boxes decorate our rooms. Millions of us sniffle through the seasonal switch from fall to winter with a cold virus or allergy.

To reduce your risk of infection, the American Academy of Otolaryngology-Head and Neck Surgery, offers the following tips:

- Avoid air pollutants, including tobacco smoke.
- Exercise every day to stimulate your body's production of adrenaline, a natural decongestant.
- Change the filters in your furnace once a month.
- Raise the head of your bed two to four inches to keep your head elevated while you sleep.
- Don't overheat your house, and make sure it is well humidified in the cold, dry months.
- Wash your hands after you have close contact with people who have colds. Nose-to-hand, hand-to-hand, and hand-to-nose contact is how most colds are transmitted.
- Call your doctor if your stuffy nose lasts longer than one week or if there is pain or yellow discharge.

For a free brochure about the different causes of a stuffy nose, send a business-sized SASE to: "Stuffy Noses," AAO-HNS, 1 Prince Street, Alexandria, VA, 22314.

Rogaine®
TOPICAL SOLUTION minoxidil 2%

The only product ever proven to regrow hair.

What is ROGAINE?
ROGAINE Topical Solution is a prescription medicine for use on the scalp that is used to treat a type of hair loss in men and women known as androgenetic alopecia: hair loss of the scalp vertex (top or crown of the head) in men and diffuse hair loss or thinning of the front and top of the scalp in women. ROGAINE is a topical form of minoxidil for use on the scalp.

How effective is ROGAINE?
In men: Clinical studies with ROGAINE of over 2,300 men with male pattern baldness involving the top (vertex) of the head were conducted by physicians in 27 US medical centers. Based on patient evaluations of regrowth at the end of 4 months, 26% of the patients using ROGAINE had moderate to dense hair regrowth compared with 11% who used a placebo treatment (no active ingredient). No regrowth was reported by 41% of those using ROGAINE and 58% of those using a placebo. By the end of 1 year, 48% of those who continued to use ROGAINE rated their hair growth as moderate or better.
In women: A clinical study of women with hair loss was conducted by doctors in 11 US medical centers. Based on patients' self-ratings of regrowth after 32 weeks, 59% of the women using ROGAINE rated their hair regrowth as moderate (19%) or minimal (40%). For comparison, 40% of the women using placebo (no active ingredient) rated their hair regrowth as moderate (7%) or minimal (33%). No regrowth was reported by 41% of the group using ROGAINE and 60% of the group using placebo.

How soon can I expect results from using ROGAINE?
Studies show that the response time to ROGAINE may differ greatly from one person to another. A temporary increase in hair shedding may occur 2 to 6 weeks after starting treatment with ROGAINE as some hair follicles shift from the resting phase to the growth phase (as new hair growth begins, old hairs are released). An increase in shedding should not last more than a few weeks. If it does, your physician will need to rule out other causes. Successful hair regrowth can only be evaluated after continuous, twice-daily treatment for 4 months or longer.

How long do I need to use ROGAINE?
ROGAINE is a hair-loss treatment, not a cure. If you have new hair growth, you will need to continue using ROGAINE to keep or increase hair regrowth. If you do not begin to show new hair growth with ROGAINE after a reasonable period (at least 4 months), your doctor may advise you to discontinue using ROGAINE.

What happens if I stop using ROGAINE? Will I keep the new hair?
Probably not. People have reported that new hair growth was shed after they stopped using ROGAINE.

How much ROGAINE should I use?
You should apply a 1-mL dose of ROGAINE twice a day to your clean dry scalp, once in the morning and once at night before bedtime. Wash your hands after use if your fingers are used to apply ROGAINE. ROGAINE must remain on the scalp for at least 4 hours to ensure penetration into the scalp. Do not wash your hair for at least 4 hours after applying it. If you wash your hair before applying ROGAINE, be sure your scalp and hair are dry when you apply it. *Please refer to the Instructions for Use* in the package.

What if I miss a dose or forget to use ROGAINE?
Do not try to make up for missed applications of ROGAINE. You should restart your twice-daily doses and return to your usual schedule.

What are the most common side effects reported in clinical studies with ROGAINE?
Itching and other skin irritations of the treated scalp area were the most common side effects directly linked to ROGAINE in clinical studies. About 7 of every 100 people who used ROGAINE (7%) had these complaints.

Other side effects, including light-headedness, dizziness, and headaches, were reported both by people using ROGAINE and by those using the placebo solution with no minoxidil. You should ask your doctor to discuss side effects of ROGAINE with you.

People who are extra sensitive or allergic to minoxidil, propylene glycol, or ethanol should not use ROGAINE.

ROGAINE Topical Solution contains alcohol, which could cause burning or irritation of the eyes or sensitive skin areas. If ROGAINE accidentally gets into these areas, rinse the area with large amounts of cool tap water. Contact your doctor if the irritation does not go away.

What are some of the side effects people have reported?
ROGAINE was used by 3,857 patients (347 females) in placebo-controlled clinical trials. Except for dermatologic events (involving the skin), no individual reaction or reactions grouped by body systems appeared to be more common in the minoxidil-treated patients than in placebo-treated patients.

Dermatologic: irritant or allergic contact dermatitis – 7.36%, **Respiratory:** bronchitis, upper respiratory infection, sinusitis – 7.16%, **Gastrointestinal:** diarrhea, nausea, vomiting – 4.33%, **Neurologic:** headache, dizziness, faintness, light-headedness – 3.42%, **Musculoskeletal:** fractures, back pain, tendinitis, aches and pains – 2.59%, **Cardiovascular:** edema, chest pain, blood pressure increases/decreases, palpitations, pulse rate increases/decreases – 1.53%, **Allergic:** nonspecific allergic reactions, hives, allergic rhinitis, facial swelling, and sensitivity – 1.27%, **Metabolic-Nutritional:** edema, weight gain – 1.24%, **Special Senses:** conjunctivitis, ear infections, vertigo – 1.17%, **Genital Tract:** prostatitis, epididymitis, vaginitis, vulvitis, vaginal discharge/itching – 0.91%, **Urinary Tract:** urinary tract infections, renal calculi, urethritis – 0.93%, **Endocrine:** menstrual changes, breast symptoms – 0.47%, **Psychiatric:** anxiety, depression, fatigue – 0.36%, **Hematologic:** lymphadenopathy, thrombocytopenia, anemia – 0.31%.

ROGAINE use has been monitored for up to 5 years, and there has been no change in incidence or severity of reported adverse reactions. Additional adverse events have been reported since marketing ROGAINE and include eczema, hypertrichosis (excessive hair growth), local erythema (redness), pruritus (itching), dry skin/scalp flaking, sexual dysfunction, visual disturbances, including decreased visual acuity (clarity), increase in hair loss, and alopecia (hair loss).

Can ROGAINE Topical Solution cause unwanted hair growth?
Facial hair growth has been reported with the use of ROGAINE, particularly by women. The cause is unknown but may be related to continuous, unintentional exposure of the face to the medicine or to hair follicles on the face that are extremely sensitive to very low levels of medicine absorbed from the scalp. To minimize the chances of hair growth on the forehead or temples, wash your hands after applying ROGAINE and be careful not to transfer the medicine from your scalp to other parts of your body.

What are the possible side effects that could affect the heart and circulation when using ROGAINE?
Serious side effects have not been linked to ROGAINE in clinical studies. However, it is possible that they could occur if more than the recommended dose of ROGAINE were applied, because the active ingredient in ROGAINE is the same as that in minoxidil tablets. These effects appear to be dose related; that is, more effects are seen with higher doses.

Because very small amounts of minoxidil reach the blood when the recommended dose of ROGAINE is applied to the scalp, you should know about certain effects that may occur when the tablet form of minoxidil is used to treat high blood pressure. Minoxidil tablets lower blood pressure by relaxing the arteries, an effect called vasodilation. Vasodilation leads to fluid retention and faster heart rate. The following effects have occurred in some patients taking minoxidil tablets for high blood pressure:

Increased heart rate: some patients have reported that their resting heart rate increased by more than 20 beats per minute.
Salt and water retention: weight gain of more than 5 pounds in a short time or swelling of the face, hands, ankles, or stomach area.
Problems breathing: especially when lying down, a result of a buildup of body fluids or fluid around the heart.
Worsening or new attack of angina pectoris: brief, sudden chest pain.

When you apply ROGAINE to normal skin, very little minoxidil is absorbed. You probably will not have the possible effects caused by minoxidil tablets when you use ROGAINE. If, however, you experience any of the possible side effects listed above, stop using ROGAINE and consult your doctor. Any such effects would be most likely if ROGAINE was used on damaged or inflamed skin or in greater than recommended amounts.

In animal studies, minoxidil, in much larger amounts than would be absorbed from topical use (on skin) in people, has caused important heart-structure damage. This kind of damage has not been seen in humans given minoxidil tablets for high blood pressure at effective doses.

What factors may increase the risk of serious side effects with ROGAINE?
People with a known or suspected heart condition or a tendency for heart failure would be at particular risk if increased heart rate or fluid retention were to occur. People with these kinds of heart problems should discuss the possible risks of treatment with their doctor if they choose to use ROGAINE.

ROGAINE should be used only on the balding scalp. Using ROGAINE on other parts of the body may increase minoxidil absorption, which may increase the chances of having side effects. You should not use ROGAINE if your scalp is irritated or sunburned, and you should not use it if you are using other skin treatments on your scalp.

Can people with high blood pressure use ROGAINE?
Most people with high blood pressure, including those taking high blood pressure medicine, can use ROGAINE but should be monitored closely by their doctor. Patients taking a blood pressure medicine called guanethidine should not use ROGAINE.

Should any precautions be followed?
People who use ROGAINE should see their doctor 1 month after starting ROGAINE and at least every 6 months thereafter. Stop using ROGAINE if any of the following occur: salt and water retention, problems breathing, faster heart rate, [illegible].

Do not use ROGAINE if you are using other drugs [illegible] corticosteroids, retinoids, petrolatum, or agents that might increase absorption through the skin. ROGAINE is for use on the scalp only. Each [illegible] oxidil, and accidental ingestion could cause unwanted effects.

Are there special precautions for women?
Pregnant women and nursing mothers should not use ROGAINE. [illegible] in women during labor and delivery are not known. Efficacy in postmenopausal women has not been studied. Studies show the use of ROGAINE [illegible] menstrual cycle length, amount of flow, or duration of the menstrual period. Discontinue using ROGAINE and consult your doctor as soon as possible if your [illegible] period does not occur at the expected time.

Can ROGAINE be used by children?
No, the safety and effectiveness of ROGAINE has not been tested [illegible] 18.

Caution: Federal law prohibits dispensing without a prescription. [illegible] prescription.

Upjohn | DERMATOLOGY DIVISION

The Upjohn Company, Kalamazoo, MI 49001 USA

CB-6-S

Find out about *Rogaine*, the on product proven to regrow hair

20 million healthy American women have inherited diffuse hair loss. It's very common and can come from either side of your family.

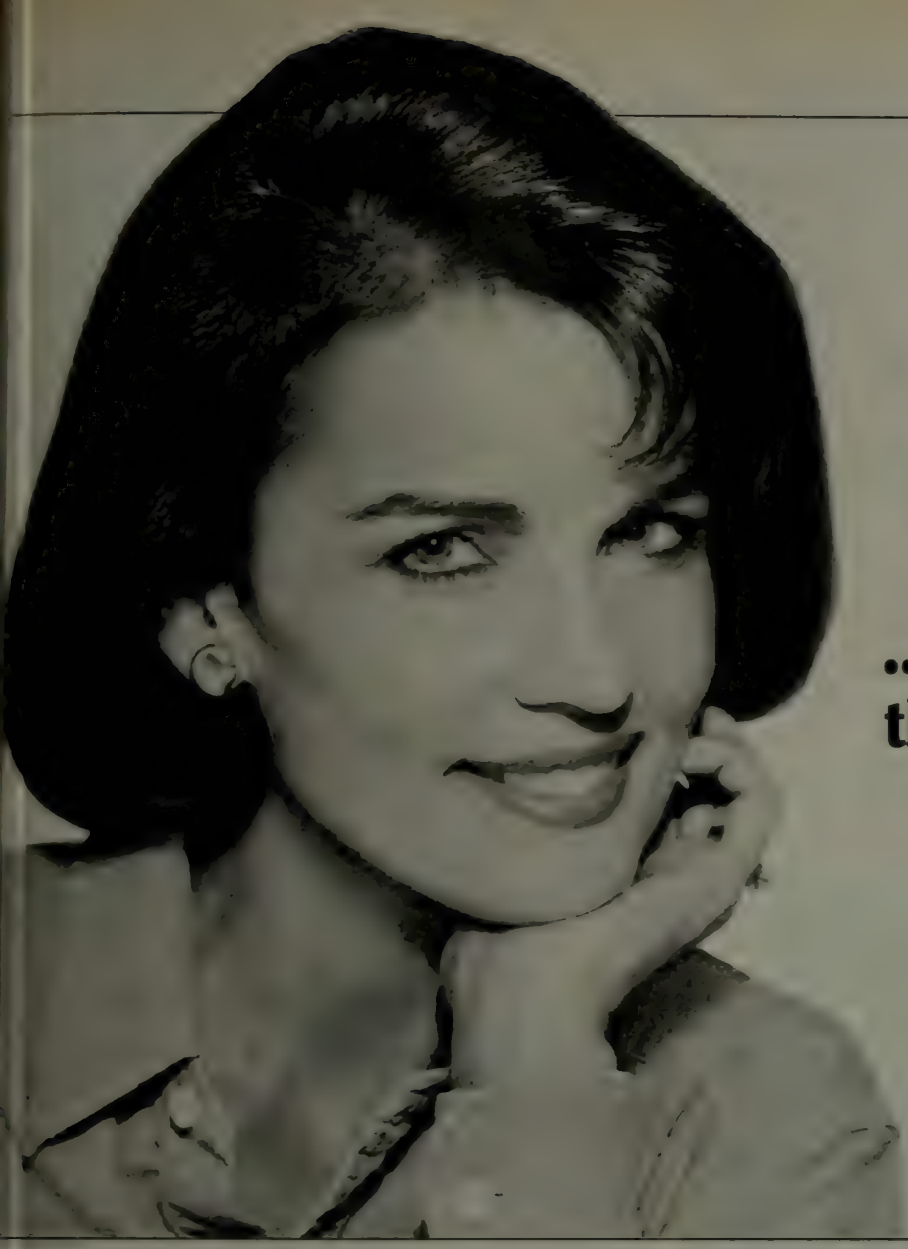
Unfortunately, most women don't realize that female diffuse hair loss may be *treatable*. That it is *possible* to regrow your hair with *Rogaine*® Topical Solution (minoxidil topical solution 2%).

How *Rogaine* works.

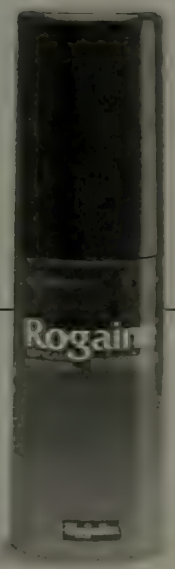
Hair grows and rests in cycles. And while the exact mechanism by which minoxidil wo to stimulate hair regrowth is unknown, mar scientists believe that the prescription medic tion *Rogaine* works, in part, by prolonging t growth cycle of hair. With more hair growin longer and thicker at the same time, you ma see improved scalp coverage.

Will *Rogaine* work for you?

In 8-month clinical tests conducted by d matologists, 59% of the women using *Roga* reported hair regrowth (40% had minimal



What to do if you have your father's striking blue eyes ...but your mother's thinning brown hair.



regrowth and 19% had moderate regrowth). Those using a placebo (a similar solution without the active ingredient in *Rogaine*) reported 33% minimal regrowth and 7% moderate regrowth. No regrowth was reported by 60% of the group using a placebo and 41% of the group using *Rogaine*.

Rogaine should only be applied to a normal, healthy scalp (not sunburned or irritated). *Side effects:* About 7% of those who used *Rogaine* had some itching of the scalp. (Roughly 5% of those using a placebo reported the same minor irritations.)

Rogaine should not be used by pregnant or nursing women as studies have not been conducted in these groups. Effectiveness in postmenopausal women has not been studied.

Make a commitment to see results.

Rogaine takes only a few minutes a day to apply and has no effect on perms or styling aids. And if you respond to treatment, you might just find that, with even a little more hair, you could enjoy the looks you've inherited a whole lot more.

Studies indicate that *at least 4 months of twice-daily treatment with* Rogaine *are usually necessary before there is evidence of regrowth.*

Keep in mind that *Rogaine* is a treatment, not a cure. So further progress is only possible by using it continuously. If you stop using it, you will probably lose your newly regrown hair within a few months.

Get your free Information Kit, plus a $10 incentive to see a doctor.

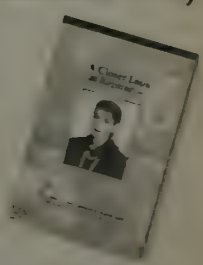
So why not indulge another trait you've inherited? Your curiosity! Find out more about *Rogaine* right now. Call **1-800-513-0111** for a free Information Kit about the product and how to use it, **plus** a $10 incentive to visit a doctor soon. **Then, since you need a prescription to get *Rogaine,*** see your doctor and ask whether *Rogaine* is right for you. If you prefer a doctor other than your own, we'll include a list of nearby dermatologists or other doctors experienced in treating hair loss.

Why put it off any longer? Make the call now.

See adjacent page for important additional information.

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Call now for your Free Information Kit, plus a $10 incentive to see your doctor.



1-800-513-0111

Or visit our World Wide Web site at http://www.igroup.com/rogaine

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Limit: one per purchase. Coupon #800360

Holiday Yard Ornaments

Make these yard ornaments from wood and extend holiday greetings to the entire neighborhood.



YULETIDE ORNAMENTS Our readers count these designs among their all-time favorites because they are so quick and easy to build using common lumber and paint.



NATIVITY SCENE Of all the symbols associated with the Yuletide, none expresses the message of Christmas better than this stylized wood rendition of the Nativity scene.

To make our delightful yard ornaments, just cut the pieces to shape using simple tools (full-size patterns for all curved pieces are included in our project packets); then sand, paint, and fit together. After the Christmas season, simply disassemble the designs and lay the pieces flat for space-saving storage.

When ordering our holiday cutout plans, please refer to the numbers shown in the photos, *left*.

1. Angels are 4 feet tall.
2. Stylish Sleigh is 56 inches long and 35 inches tall.
3. Two sizes of Small Reindeer are 28 inches tall and 9 inches tall.
4. Large Reindeer measure 3 feet by 4 feet.
5. Santa is 4 feet tall.
6. Wise Men are about 50 inches tall.
7. Nativity Scene: Mary is about 32 inches tall. Joseph is about 45 inches tall. Creche is 14×13×11¼ inches.
8. Standing Camels are about 4 feet by 4 feet; Sitting Camel is about 4 feet by 2 feet.

TO ORDER

The price for a complete set of all eight plans is $81.95 (a savings of more than 20 percent off the retail price of each plan purchased separately). Any one plan costs $12.95; two plans cost $23.95; three plans cost $34.95; four plans cost $44.95; five plans cost $54.95; six plans cost $63.95 and seven plans cost $72.95. All prices include shipping, handling, and sales tax, if applicable. To order, make a list of the plans you wish to order and calculate the total from the prices shown, above. Send the list along with your name, address, and check or money order for the total to: *Better Homes and Gardens*® Reader Shopping Service, Department W9511, Box 9128, Des Moines, IA 50306-9128.

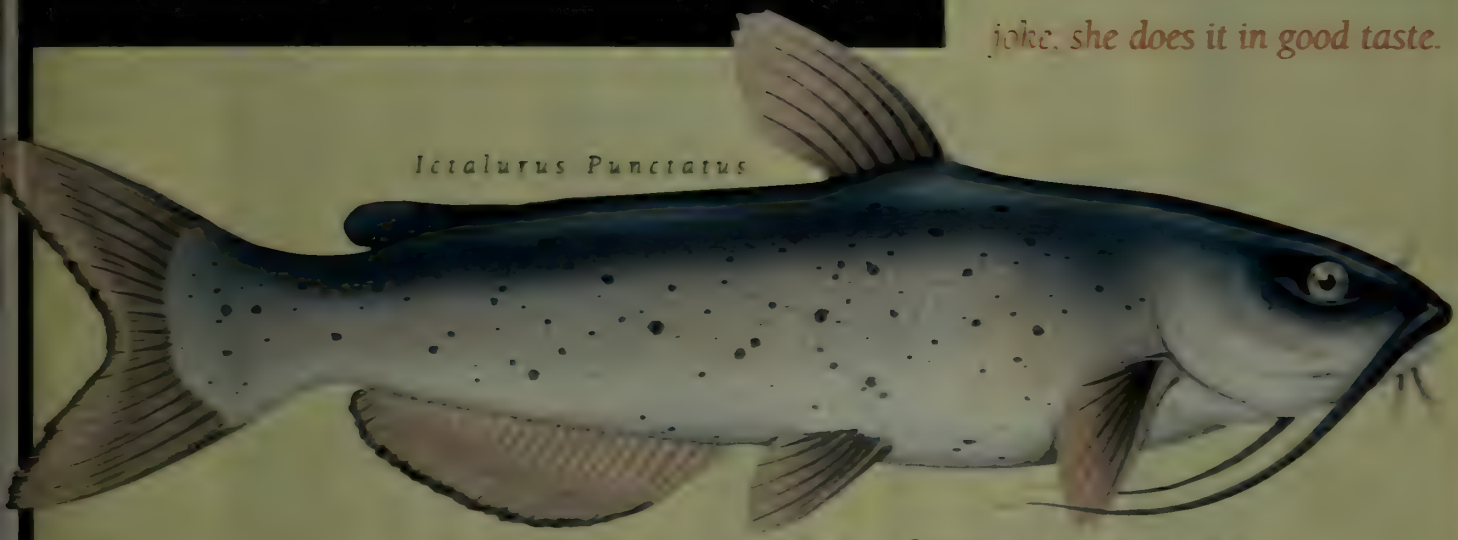
Obviously, Mother

NATURE

has a sense of

HUMOR

How else do we explain the Catfish? Blessed with superb, delicate taste. Low in fat, rich in nutrients. Yet, for some strange reason, bridled with a distinctly awkward exterior. Genuine U.S. Farm-Raised Catfish. Take one taste, and you'll discover, even when Mother Nature makes a joke, she does it in good taste.



Genuine U.S. Farm-Raised Catfish.
Its beauty is in its taste.

Cashew Crusted Catfish



Catfish Antipasto



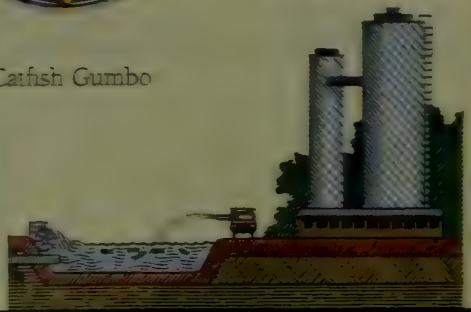
Grilled Catfish





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The Catfish Institute
Box 327BHG
Belzoni, MS 39038

Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

TABLE GRACE
Pages 102–103: china, "Heritage Glen," from The Presidential Collection—Lenox; for a retailer near you please call 800/635-3669. **Charms**—JHB International, Inc.; for a retailer near you please call 303/751-8100. **Tableware,** "Damask Rose" (stainless)—Oneida Silversmiths, Oneida, NY 13421; 800/877-6667. **Tablecloth fabric,** "Calais Stripe" (green), No. 16624—Schumacher; for information please call 800/332-3384. **Chaise plates on chair rail**—Fitz & Floyd; for a retailer near you please call 214/918-0098, ext. 2089. **Page 104: china,** "Heritage Glen" from The Presidential Collection—Lenox; (see above). **Iron candlestick**—Affinities Gifts and Accessories, 1751 28th St., West Des Moines, IA 50266; 515/222-1346. **Tablecloth fabric,** "Contessa" (pine)—Waverly; 800/423-5881

Page 106: chaise plates on chair rail—Fitz & Floyd (see above).

HOME IMPROVEMENT CONTEST
Pages 112–113 (*left*): windows, transoms, French **doors**—Marvin Windows & Doors, P.O. Box [illegible] Warroad, MN 56763; 800/[illegible]

skylights—Velux-America, Inc., P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831. **Sofa**—R. Jones & Assoc., Inc., P.O. Box 560705, Dallas, TX 75356-0705. **Kilim pillows, silk pillows**—Bloomingdale's, 1000 Third Ave., New York, NY 10010. **Neutral area rug,** "Wool Sisal"—Karastan-Bigelow, P.O. Box 27050, Greensboro, NC 27425-7050; 800/234-1120.

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Page 114 (*top*): bow window and arched transom—Marvin Windows & Doors (address above). **Kilim area rug**—Alex Cooper Oriental Rugs, 908 York Rd., Towson, MD 21204.
Pages 116–117: cooktop—Wolf Range Co., [illegible] S. Alameda St., Compton, CA 90221; [illegible]-9653. **Microwave oven and compactor**—GE Appliances, Appliance Park, Louisville, KY 40225; 800/626-2000. **White tiles**—Tilecraft Ltd., 438 Francisco Blvd. W, San Rafael, CA 94901. **Accent tiles**—Country Floors Inc., 15 E. 16th St., New York, NY 10003. **Cabinets**—Limpic's Custom Woodworks, 952 Third St., Napa, CA 94559. **Windows**—Andersen Windows, Inc., P.O. Box 3900, Peoria, IL 61614; 800/426-4261. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Sinks**—Kohler Co., Kohler, WI 53044. **Faucets**—Grohe America, Inc., 241 Covington Dr., Bloomington, IL 60108. **Dishwasher**—KitchenAid, 2000 M-63, North Benton Harbor, MI 49022; 800/422-1230.
Pages 118–119: dining and computer tables—Country English Antiques, 23999 Arnold Dr., Sonoma, CA 95433. **Recessed lighting**—Juno Lighting, Inc., P.O. Box 5065, Des Plaines, IL 60017-5065; 800/323-5068. **Floor tiles**—Napa Valley Tile Co., P.O. Box 26, St. Helena, CA 94574. **Cabinets**—Limpic's Custom Woodworks (address above).
Page 120: carpet—The Home Depot, 2727 Paces Ferry Rd., Atlanta, GA 30339. **Bird houses**—Cost Plus World Market, 2040 Redwood Hwy., Larkspur, CA 94940 **Window**—Andersen Windows, Inc. (address above). **Fireplace**—Temco/Temtex, P.O. Box 1148, Perris, CA 92371.
Pages 122–123: French door—The Atrium Door & Window Co., P.O. Box 226957, Dallas TX 75222-6957; 800/953-2000. **Skylight**—Velux-America, Inc. (address above). **Halogen ceiling lights**—The Home Depot (address above). **Sofa**—Bernhardt Furniture Co., P.O. Box 740, Lenoir, NC 28645; 800/345-9875. **Wine glasses**—Crate & Barrel, 725 Landwehr Rd., Northbrook, IL 60062; 800/323-5461.
Pages 124–125 (*left*): tub, shower, toilet, sink

continued on page 8


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my own
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Buying Guide

continued from page 78

Kohler Co., Kohler, WI 53044. **Towels**—Fieldcrest, for product information call 800/841-3336. (*Right*): **dishwasher**—Kenmore, Sears, Roebuck & Co., Sears Tower, 233 S. Wacker Dr., Chicago, IL 60684. **Compactor**—Broan Mfg. Co., Inc., P.O. Box 140, Hartford, WI 53027; 800/558-1711. **Microwave, ovens**—GE Appliances (address above). **Cooktop**—KitchenAid (address above). **Sink**—Kohler Co. (address above). **Faucet**—Price Pfister, Inc., P.O. Box 4518, 13500 Paxton St., Pacoima, CA 91333-4518. **Wallpaper**—First Editions Wallcovers Inc., 979 Third Ave., New York, NY 10022. **Breakfast table, chairs**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020; 800/447-4371. **Cabinet hardware**—Baldwin Hardware Corp., 841 E. Wyomissing Blvd., P.O. Box 15048, Reading, PA 19612-5048. **Bay windows**—Andersen Windows, Inc. (address above).

Page 126: doors—Andersen Windows, Inc. (address above). **Carpet**—The Home Depot (address above). **Linens**—Martex Westpoint Stevens Home Fashions, 1185 Avenue of the Americas, New York, NY 10036.

GET COZY

Page 135: wing chair, 6125-00 (upholstery No. 7127-229, No.155, New America finish)— The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517-0151.



Pages 136-137: green table, benches, and hoop-back chair, "The Nook" (Green finish)—Broyhill Furniture Ind.; for a retailer near you please call 800/327-6944. **Youth chair,** available in a kit or assembled and finished (F231)—Shaker Workshops, P.O. Box 8001-BG, Ashburnham, MA 01430; 800/840-9121. **Striped drapery fabric,** "Houston" (64)—Covington Fabrics Corp., 15 E. 26th St., New York, NY 10010-1590; 212/689-2200. **Floral border drapery,** "Leaf Bouquet" (Forest/Sand), #167312—Schumacher; for information please call 800/332-3384. **Checked pillow fabric,** "Nellie Plaid" (Cherry), No. 606952—Waverly, 800/423-5881.

Pages 138–139: bed, "Newport Wicker Sleigh Bed" 9080-28, (No. 26 Cinnamon finish)—Lane Venture, P.O. Box 849, Conover, NC 28613. **Bedroom telephone,** 2-9290—see a participating General Electric retailer near you. **Wing chair on left,** 6125-00 (upholstery No. 7289-777, No. 155 New America Finish); **ottoman at the foot of the bed,** 6125-05 (upholstery No. 7289-777, No. 155, New America finish); **wing chair on right,** 6125-00 (upholstery No. 7127-229, No. 155 New America Finish)—The Lane Co. Inc. (address above). **White buttoned table overlay,** 50-inch square, No. FT014 (white)—Ballard Designs, 1670 DeFoor Ave., N.W., Dept. Edit. MAGA '95, Atlanta, GA 30318-7528; for a catalog or to place order please call 404/351-5099. **Home audio mini-system with 3 disc-CD changer**—see a participating RCA retailer near you. **Reversible duvet cover and pillow fabric,** "Pierre" (Venetian Red, Teal)—P. Kauffman available at Calico Corners, 800/777-9933. **Curved mantle clock on middle shelf,** (pine)—Eddie Bauer Home, P.O. Box 3700, Seattle, WA 98124; 800/426-8020. **Rug,** "Garden Close" (Multi)—Nature's Loom; for a retailer for you please call 800/365-2002.

Pages 140–141: Green Mountains lounge chair and Country Cottage love seat, from The Country Inns and Back Roads Collection—Thomasville Furniture Ind., Inc., P.O. Box 339, Thomasville, NC 27360; for a retailer near you please call 800/225-0265. **Silk pillow with ball fringe,** (Henna)—Dakotah, Inc., One North Park Ln., P.O. Box 120, Webster, SD 57274-0120; 800/325-6824. **Floor screen fabric,** "Morganti Stripe" (Spruce and Red), No. 58035—Schumacher; for information please call 800/332-3384. **Plaid table underskirt,** "Timber Check" (Eggplant), No. 601280; **red-checked tea towel fabric on mantle,** "Cranston Plaid" (Cherry), No. 645693; **plaid pillow fabric,** "Austin" (Sherbert), No. 605962—Waverly, 800/423-5881. **Willow chair,** No. 1006—La Lune Collection, 930 E. Burleigh St., Milwaukee, WI 53212; 414/263-5300.

Pages 142–143: love seat, No. 8009-42, (fabric No. H106-0) from the J.G. Hook Collection—Bassett Furniture Ind., P.O. Box 626, Bassett, VA 24055; for a retailer near you please call 540/629-6000. **Canopy bed conversion kit**—DreamBeds Canopy Conversion Kit, P.O. Box 205, Rockport, MA 01966; 508/546-5808. **Floral canopy fabric and bow around yellow pillow,** "Tulips" (Chambray-Multi); **striped duvet fabric,** "Mallery Stripe" (Chambray)—Laura Ashley, Inc.; 800/367-2000. **Red plaid pillow fabric and canopy ties,** "Seagate" (Poppy); **yellow plaid pillow and canopy fabric,** "Seagate" (Fiesta), from the Cabana Collection by Bloomcraft—Calico Corners, 800/777-9933. **Wall covering,** "Henry's Harbor Stripe" (Carnival); **wall covering border,** "Hillside Cottage Border" (Parrot); **vanity skirt fabric,** "Harbor Stripe" (Parrot), from the Summerhouse by Laurette collection—Village, for a retailer near you please call 800/552-9255.

Vignette window shadings, No. B5-101, 3-inch, (Camellia)—Hunter Douglas Window Fashions, Customer Information Center, Three Duette Way, Broomfield, CO 80020; 800/437-4233. **Bench coffee table,** No. 45-2515-B; **bed step,** No. 45-2514-B, from the Country Colors Collection—Ethan Allen; for a dealer near you please call 800/228-9229. **Wainscot, Ply-Bead Classic**—Georgia-Pacific Corp., P.O. Box 1763, Norcross, GA 30091; 800/284-5347.

Pages 144–145: large throw pillows, flair-arm sofa, and love seat, from the Alexander Julian Home Colours Collection—Universal Furniture; for a brochure and dealer information please call 800/776-7986. (***Left to right***)**: small throw pillow fabrics,** "Widewhale" (Honeycomb), No. 630041; "Widewhale" (Bay), No. 630042; "Widewhale" (Beet), No. 630045—Waverly, 800/423-5881. **Window shades,** "Victoria" (white) No. 0009, from the Cascade Collection—Graber; for more information please call Linda Stephenson, 414/273-4680.

Page 146 (*bottom right*): polka-dot and striped pillow fabrics, from the Alexander Julian Home Colours Collection—Universal Furniture, for a brochure and dealer information please call 800/776-7986.

FOR THE BIRDS

Pages 149–154: birdhouses, sunflower seed heads, corn, wheat, millet and milo stalks, rose hips, twig wreaths, window boxes, burlap, star-shaped birch boxes, florist's wire and picks—Leonhard's Garden Center, 87 Corning St., Beverly, MA 01915; 508/922-4295. **Sunflower wreaths**—Gardener's Supply Co., 128 Intervale Rd., Burlington, VT 05401; 802/660-3500.

GARDENER'S ALMANAC

Page 157: Garden gift items—Gardener's Supply Co., 128 Intervale Rd., Burlington, VT 05401; 802/660-3500. Gardener's Eden, 3250 Van Ness Ave., San Francisco, CA 94109; 415/616-7859. Jackson & Perkins, P.O. Box 1028, Medford, OR 97501; 800/292-4769. White Flower Farm, Dept. BHG, Rt. 63, Litchfield, CT 06759-0050; 203/496-9600. **Bird feeders**—Duncraft, 102 Fisherville Rd., Penacook, NH 03303; 603/224-0200. Gardener's Supply Co. (address above).

THANKSGIVING—DELICIOUS TRADITIONS

Pages 168–169: antique English plate—Santa Monica Antique Market, 1607 Lincoln Blvd., Santa Monica, CA 90404.

Pages 172–173: square dessert plates—Santa Monica Antique Market (address above).

Page 205: square dessert plate—Santa Monica Antique Market (address above).

Page 210: antique oyster plate, antique oyster fork, Royal Crown Derby buffet plate—Foster-Ingersoll, 805 No. La Cienega Blvd., Los Angeles, CA 90069.

READER SHOPPING

Page 95: Friends Are Forever Doll Kit—Banar Designs, 431 South Main, Fallbrook, CA 92028.

Page 109: Lampshade Kit—Banar Designs, 431 South Main, Fallbrook, CA 92028.

Page 162: Wild Bird Seed Cones, Birdseed Ornaments, Sunflower Wreath—Gardener's Supply Co., 128 Intervale Rd., Burlington, VT 05401.

Page 301: Rex The Dinosaur Chair, Child-Size Sofa—Fun Furnishings, Box 1387, Manhattan Beach, CA 90266.

Page 303: Jazzy Jewelry Ribbon Revolution—Binney & Smith, Inc., 1100 Church Lane, P.O. Box 431, Easton, PA 18044. **Print A Tie Kit**—The Art Store, 600 M.L. King Jr. Pkwy., Des Moines, IA 50312; **Wild Fox Book and Audio Tape Set**—Down East Books, P.O. Box 679, Camden, Maine 04843; River Music, 184 Rogers Ave., West Springfield, MA 01089.

Architects & Designers

HOME IMPROVEMENT CONTEST

Pages 111–114: Architect—Alec Cholok & Assoc., 11013 Gainsborough Rd., Potomac, MD 20854. **Contractor**—Farhad Nasseri, Nasseri Development, Inc., 2946 Chain Bridge Rd. ,NW, Washington, DC 20016. **Interior designer**—Gerald Lewis Smith, G.L. Smith Assoc. Inc., 1832 18th St. NW, Washington, DC 20009.

Pages 116–119: Architect—Robert Gregory, 1485 Main St., St. Helena, CA 94574. **Builder**—Abernethy Brothers Construction, 3005 North Ave., Napa, CA 94558.

Pages 120–126: Interior designer—Susan E. Neal, 436 Van Buren, Los Altos, CA 94022. **Contractor**—Tony Esquivel, 6233 Mahan Dr., San Jose, CA 95128.

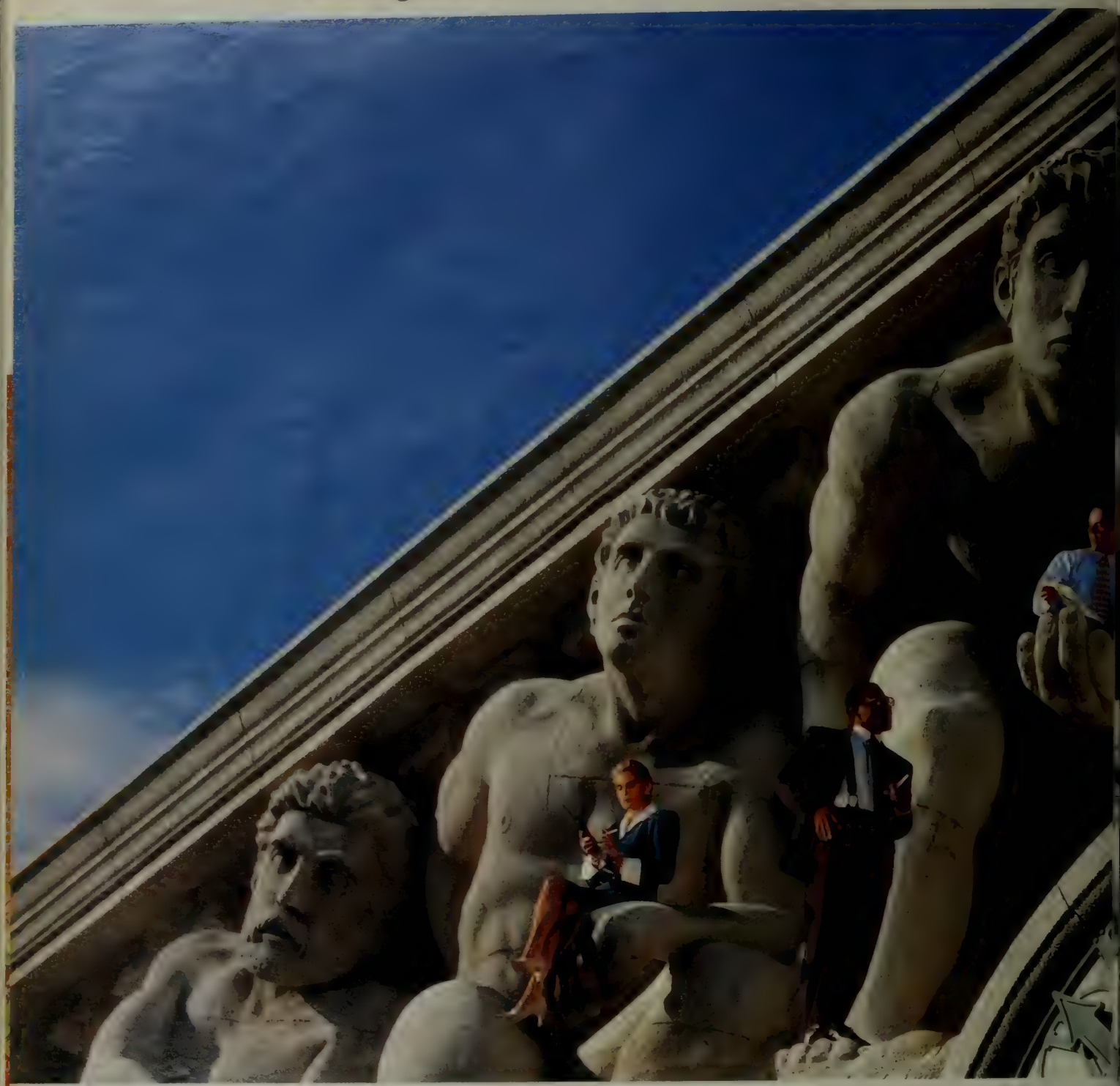
FOR THE BIRDS

Pages 149–154: project designs—Doris Leonhard, Leonhard's Garden Center, 87 Corning St., Beverly, MA 01915; 508/922-4295.

Page 149: birdhouse—Robert James Cappelli, 45 Julia St., Malden, MA 02148; 617/396-2238.



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Banana Nut Crunch®
Cereal

This delicious cereal makes irresistible CrumbleTop Banana Muffins.

Muffins

1 1/4 cups flour
1 Tbsp. CALUMET Baking Powder
1/8 tsp. salt
1 egg
1/2 cup milk
1/3 cup firmly packed brown sugar
3 Tbsp. oil
1 1/2 cups POST Banana Nut Crunch® cereal
1 cup finely chopped bananas

CrumbleTop Topping

1/2 cup POST Banana Nut Crunch® cereal, lightly crushed
1 Tbsp. brown sugar
1/2 tsp. ground cinnamon
1 tsp. oil

Heat oven to 400°F.
Mix flour, baking powder and salt in large bowl. Beat egg in small bowl; stir in milk, brown sugar and oil. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in cereal and banana. Spoon batter into greased or paper-lined muffin pan, filling each cup 2/3 full.

Topping

Mix cereal, brown sugar and cinnamon. Drizzle with oil; stir until crumbly. Sprinkle evenly over muffins.
Bake 20 minutes or until lightly browned. Serve warm. Makes 12.



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Thanksgiving Memories



The true meaning of Thanksgiving is not about turkey, that delicious evidence of our own good fortune, but about forging a warm and lasting bond between family and friends, nurturing a sense of community and sharing, and fostering goals, traditions, and memories to pass on to our children. Here are ideas to help instill new meaning in this year's holiday.

• Invite everyone at the gathering to share a reminiscence of the past year—something they're especially thankful for. As thoughts are shared around the table, you may wish to videotape these moments to view next year or to send to loved ones unable to join you for the feast.

• Between courses—maybe before you carve the turkey—carve an interlude to ponder over a Thanksgiving reading. Designate someone ahead of time to select a short passage that evokes the spirit of the day—something universal that will touch chords of oldsters, yet capture the imagination of youngsters, too. If you're left wordless, your public librarian can rise to the challenge.

• Share the bounty of your table with others; invite an exchange student from a nearby college to join you, or adopt for the day a lonely "grandmother" or "grandfather" from a nursing home.

• Invite guests to bring nonperishable food to the gathering to be delivered to your local food shelf or pantry.

• As the meal begins, offer a toast to the host family, raising glasses in thanks for opening their home to loved ones. Or raise a toast to far-flung friends and family who cannot be present today.

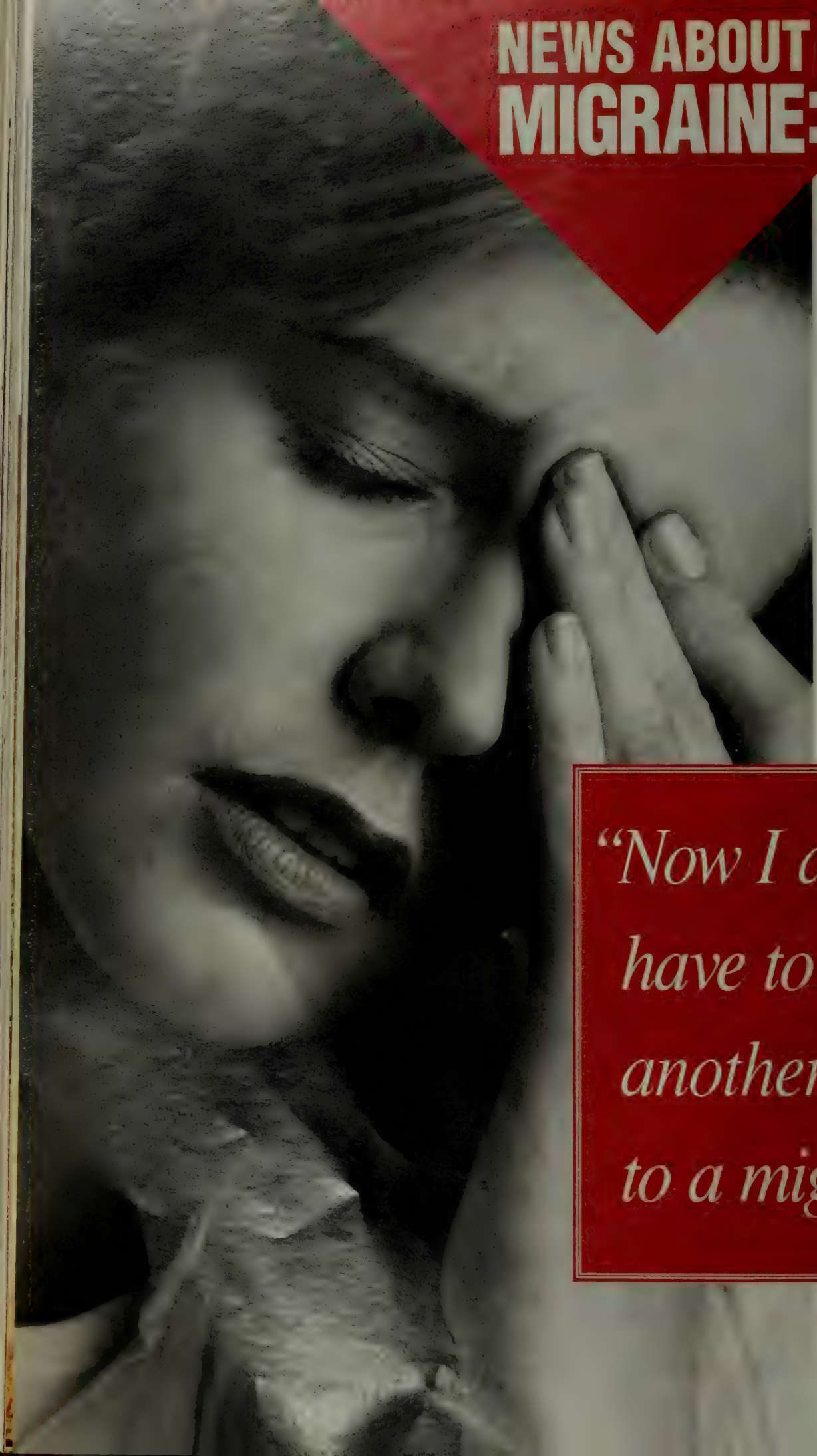
RAISE A TOAST TO FAR-FLUNG FRIENDS AND FAMILY.

• Involve your children in preparations for guests. Kids can press autumn leaves, collect pinecones or husk Indian corn as their contribution to the centerpiece. Or, they can make placecards. Even the youngest toddlers can help polish the silver or knead the bread. Older children can feel valued by peeling the potatoes and setting the table. Supply children with a scrapbook to record the guest list, the day's menu, thankful thoughts, and memories.

• Invite guests to bring their specialty. Nobody's pies are as good as Grandma's, are they? If there are guests, such as newlyweds, who may temporarily feel out of place, drafting them to pass hors d'oeuvres or fill glasses can help put them at ease.


Home-baked banana nut bread.
There's no taste so irresistible. And only Post®
Banana Nut Crunch® brings
it to your cereal bowl.
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Banana Nut Crunch®
Cereal
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NEWS ABOUT MIGRAINE:



"Now I don't have to give up another day to a migraine."

INTRODUCING NEW IMITREX® (sumatriptan succinate) TABLETS

IMITREX SUMATRIPTAN SUCCINATE

Relieves migraine pain and nausea *without* drowsiness

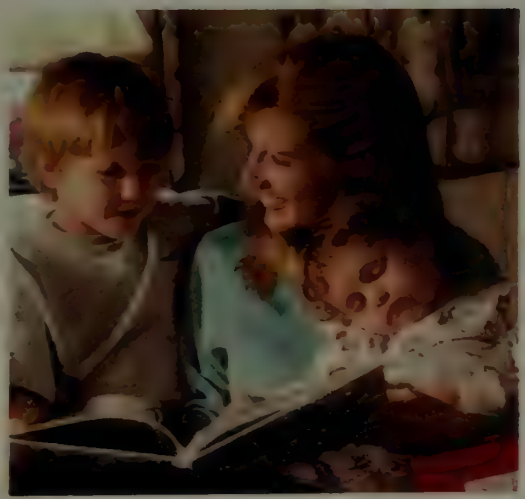
FOR MANY MIGRAINE SUFFERERS THERE IS EXCITING NEWS.

Today, your doctor has a medicine that could be important for you, and for the millions who also suffer from migraine. Because now your doctor has IMITREX Tablets. Until now, this highly effective medicine has only been available as an injection.

IMITREX Tablets contain a unique medicine, sumatriptan succinate, created specifically for the condition of migraine. So IMITREX relieves more than just the pain—it also relieves the nausea and other symptoms, like sensitivity to light, that often accompany migraine. IMITREX should be taken at the earliest signs of a migraine headache. But if you can't, you should know that IMITREX is just as effective at any time—even if you take it when your migraine is at its worst. In addition, IMITREX is not a narcotic or barbiturate, and most importantly, in most people IMITREX does not cause the unpleasant side effect of drowsiness.







ONLY YOUR DOCTOR CAN DIAGNOSE MIGRAINE.

Tell your doctor all the symptoms you've experienced. These may include at least two of the following: pain on one side of the head, throbbing pain, pain that disrupts normal activity, pain that's aggravated by activity. Migraine symptoms may also include nausea, with or without vomiting, and/or sensitivity to light or sound.

ONLY YOUR DOCTOR CAN DECIDE IF IMITREX IS RIGHT FOR YOU.

IMITREX is a prescription product for the treatment of acute migraine attacks that is available only through your doctor. You should not take IMITREX if you have certain types of heart disease, blood pressure that is uncontrolled, or are allergic to this medication. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, diabetes, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, people with undiagnosed heart disease have had serious heart-related problems when taking IMITREX. If you are currently taking other medications, particularly MAO inhibitors and ergotamines, or if you are pregnant, nursing, or thinking about becoming pregnant, you should talk to your doctor. If the headaches you are suffering are not migraines, IMITREX is not for you.

The most frequently seen side effects are tingling and nasal discomfort.

FOR MORE INFORMATION, CALL 1-800-752-1009.

You'll receive a brochure, physician-visit preparation material, and a free migraine newsletter subscription.

Remember, only your doctor has the knowledge to decide whether IMITREX is right for you.

CERENEX PHARMACEUTICALS
Division of Glaxo Wellcome Inc.
Research Triangle Park, NC 27709

ASK YOUR DOCTOR ABOUT IMITREX TODAY.

Please see the important information on the following page.

BRIEF SUMMARY

Imitrex® (sumatriptan succinate) Tablets

The following is a brief summary only. Before prescribing, see complete prescribing information in Imitrex® Tablets product labeling.

CONTRAINDICATIONS: Because of rare reports of coronary vasospasm, Imitrex® Tablets should not be given to patients with ischemic heart disease (angina pectoris, history of myocardial infarction, or documented silent ischemia) or to patients with Prinzmetal's angina. Also, patients with symptoms or signs consistent with ischemic heart disease should not receive Imitrex Tablets. Because Imitrex Tablets can give rise to increases in blood pressure (usually small), they should not be given to patients with uncontrolled hypertension.

Concurrent administration of monoamine oxidase (MAO) inhibitors or use within 2 weeks of discontinuation of MAO inhibitor therapy is contraindicated (see CLINICAL PHARMACOLOGY: Drug Interactions in full prescribing information and PRECAUTIONS: Drug Interactions).

Imitrex Tablets should not be used within 24 hours of an ergotamine-containing or ergot-type medication like dihydroergotamine or methysergide.

Imitrex Tablets are contraindicated in patients with hypersensitivity to sumatriptan or any of the ingredients.

WARNINGS: Imitrex® Tablets should only be used where a clear diagnosis of migraine has been established.

Imitrex Tablets should not be administered to patients with basilar or hemiplegic migraine.

Hypersensitivity (anaphylaxis/anaphylactoid) reactions have occurred on rare occasions in patients receiving sumatriptan. Such reactions can be life threatening or fatal. In general, hypersensitivity reactions to drugs are more likely to occur in individuals with a history of sensitivity to multiple allergens.

Cardiac Events/Coronary Constriction: Serious coronary events, including some that have been fatal, following Imitrex Tablets have occurred but are extremely rare. Although it is not clear how many of these can be attributed to Imitrex®, because of their potential to cause coronary vasospasm, Imitrex Tablets should not be given to patients in whom unrecognized coronary artery disease (CAD) is likely without a prior evaluation for underlying cardiovascular disease. Such patients include postmenopausal women, males over 40, and patients with other risk factors for CAD such as hypertension, hypercholesterolemia, obesity, diabetes, smokers, and strong family history. Following a satisfactory cardiovascular assessment, it is recommended that the first dose of Imitrex Tablets be given in the physician's office for patients with underlying risk factors for CAD unless these patients have previously received sumatriptan. If symptoms consistent with angina occur, electrocardiographic (ECG) evaluation should be carried out to look for ischemic changes.

Sumatriptan may cause coronary vasospasm in patients with a history of CAD, who are known to be more susceptible than others to coronary artery vasospasm, and, rarely, in patients without prior history suggestive of CAD. Of 6,348 patients in clinical trials of oral sumatriptan, two experienced clinical adverse events shortly after receiving oral sumatriptan that may have reflected coronary vasospasm. Neither of these adverse events was associated with a serious clinical outcome.

There have been rare reports from countries where Imitrex Tablets are already on the market of serious adverse events, including myocardial infarction, ECG changes suggestive of myocardial ischemia, and symptoms consistent with angina pectoris.

Drug-Associated Fatalities: In extensive worldwide postmarketing experience, deaths have been reported following the use of Imitrex Tablets. In most cases, the deaths occurring after treatment with Imitrex Tablets occurred well after sumatriptan use (i.e., 3 or more hours postdose) and probably reflect underlying disease and spontaneous events.

There have, however, been several fatalities that occurred within a few hours after the use of sumatriptan. The specific contribution of sumatriptan to most of these deaths cannot be determined, but in one case with Imitrex® (sumatriptan succinate) Injection, a 41-year-old woman with a 6-day history of unilateral headache, uncertain history of cardiovascular disease with known risk factors (positive family history, postmenopausal woman, and smoking) and a history of asthma and codeine allergy, experienced nausea, vomiting, a sense of warmth, chest pressure, and sweating within 7 minutes of dosing. This was followed by hypotension at about one-half hour, and ventricular tachycardia/ventricular fibrillation leading to death. In most other cases, death was attributed to myocardial infarctions occurring hours after drug administration.

Deaths attributed to strokes, cerebral hemorrhage, and other cerebrovascular events have also been reported in patients treated with oral and subcutaneous sumatriptan. In many cases, it appears possible that the cerebrovascular events were primary, sumatriptan having been administered in the incorrect belief that the symptoms experienced were migrainous in origin when they were not. Accordingly, it is important to advise patients not to administer sumatriptan if a headache being experienced is atypical.

Use in Women of Childbearing Potential: (see PRECAUTIONS).

PRECAUTIONS:

General: Atypical sensations over the precordium (tightness, pressure, heaviness) have been reported after Imitrex® Tablets, but have only rarely been associated with ischemic ECG changes.

Sumatriptan may cause mild, transient elevation of blood pressure (see CLINICAL PHARMACOLOGY in full prescribing information).

Imitrex Tablets should also be administered with caution to patients with impaired hepatic function (see CLINICAL PHARMACOLOGY in full prescribing information and DOSAGE AND ADMINISTRATION).

There have been rare reports of seizure following administration of sumatriptan.

As with other acute migraine therapies, before treating headaches in patients not previously diagnosed as migraineurs and in migraineurs who present with atypical symptoms, care should be taken to exclude other potentially serious neurological conditions. There have been rare reports where patients received sumatriptan for severe headaches that were subsequently shown to have been secondary to an evolving neurological lesion (cerebrovascular accident, subarachnoid hemorrhage). For a given attack, if a patient has no response to the first dose, the diagnosis of migraine should be reconsidered before administration of a second dose. In this regard, it should be noted that migraineurs may be at increased risk of certain cerebrovascular events (e.g., cerebrovascular accident, transient ischemic attack).

Binding to Melanin-Containing Tissues: Because sumatriptan binds to melanin, it could accumulate in melanin-rich tissues (such as the eye) over time. This raises the possibility that sumatriptan could cause toxicity in these tissues after extended use. However, no effects on the retina related to treatment with sumatriptan were noted in any of the toxicity studies. Although no systematic monitoring of ophthalmologic function was undertaken in clinical trials, and no specific recommendations for ophthalmologic monitoring are offered, prescribers should be aware of the possibility of long-term ophthalmologic effects (see CLINICAL PHARMACOLOGY in full prescribing information).

Corneal Opacities: Sumatriptan causes corneal opacities and defects in the corneal epithelium in dogs; this raises the possibility that these changes may occur in humans. While patients were not systematically evaluated for these changes in clinical trials, and no specific recommendations for monitoring are being offered, prescribers should be aware of the possibility of these changes (see CLINICAL PHARMACOLOGY in full prescribing information).

Information for Patients: See PATIENT INFORMATION at the end of the full prescribing information for the text of the separate leaflet provided to patients.

Laboratory Tests: No specific laboratory tests are recommended for monitoring patients prior to and/or after treatment with Imitrex Tablets.

Drug Interactions:

Note: The combined use of oral sumatriptan and MAO inhibitors is contraindicated (see CONTRAINDICATIONS).

There is no evidence that concomitant use of migraine prophylactic medications has any effect on the efficacy or unwanted effects of sumatriptan. In controlled trials, a retrospective analysis compared 199 patients who had been using Imitrex® (sumatriptan succinate) Tablets and prophylactic drugs (calcium channel blockers, n=76; tricyclic antidepressants, n=43; beta blockers, n=70) to those who had not used prophylaxis (n=1,220). There were no differences in overall adverse event rates between the two groups.

Ergot-containing drugs have been reported to cause prolonged vasospastic reactions. Because there is a theoretical basis that these effects may be additive, use of ergot-containing or ergot-type medications (like dihydroergotamine or methysergide) and sumatriptan within 24 hours of each other should be avoided (see CONTRAINDICATIONS).

Propranolol: Pretreatment with propranolol 80 mg twice daily for 7 days had no effect on the pharmacokinetics, blood pressure, or pulse rate of oral sumatriptan administered as a single 300-mg dose.

Alcohol: Alcohol consumed 30 minutes prior to sumatriptan ingestion had no effect on the pharmacokinetics of sumatriptan.

Drug/Laboratory Test Interactions: Imitrex Tablets are not known to interfere with commonly employed clinical laboratory tests.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In carcinogenicity studies, rats and mice were given sumatriptan by oral gavage (rats, 104 weeks) or in drinking water (mice, 78 weeks). Average exposures achieved in mice receiving the highest dose were approximately 40 times the exposure attained in humans after the maximum recommended single dose of 100 mg. The highest dose to rats was approximately 15 times the maximum single human dose of 100 mg on a mg/m² basis. There was no evidence of an increase in tumors in either species related to sumatriptan administration.

Sumatriptan was not mutagenic in the presence or absence of metabolic activation when tested in two gene mutation assays (the Ames test and the *in vitro* mammalian Chinese hamster V79/HGPRT assay). In two cytogenetics assays (the *in vitro* human lymphocyte assay and the *in vivo* rat micronucleus assay) sumatriptan was not associated with clastogenic activity.

In a study in which male and female rats were dosed daily with oral sumatriptan prior to and throughout the mating period, there was a treatment-related decrease in fertility secondary to a decrease in mating in animals treated with 50 and 500 mg/kg per day. The no-effect dose for this finding was approximately one-half of the maximum recommended single human dose of 100 mg on a mg/m² basis. It is not clear whether the problem is associated with treatment of the males or females or both combined.

Pregnancy: *Pregnancy Category C:* In reproductive toxicity studies in rats and rabbits, oral treatment with sumatriptan was associated with embryolethality, fetal abnormalities, and pup mortality. There is no evidence that establishes that sumatriptan is a human teratogen; however, there are no adequate and well-controlled studies in pregnant women. Imitrex Tablets should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. In assessing this information, the following findings should be considered.

Embryolethality: When given orally to pregnant rabbits daily throughout the period of organogenesis, sumatriptan caused embryolethality only at a dose that clearly resulted in maternal toxicity, 100 mg/kg per day. The no-effect dose for embryolethality was 50 mg/kg per day, which is approximately nine times the maximum single human dose of 100 mg on a mg/m² basis.

Teratogenicity: A study in which rats were dosed daily with oral sumatriptan prior to and throughout gestation demonstrated fetal toxicity and a small increased incidence of a syndrome of malformations (short tail/short body and vertebral disorganization) after long-term treatment with 500 mg/kg per day. The no-effect dose for this effect was 50 mg/kg per day, approximately five times the maximum single human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in an increased incidence of blood vessel abnormalities (cervicothoracic and umbilical) at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this was approximately 60 mg/kg per day, approximately six times the maximum single human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rabbits with sumatriptan during the period of organogenesis resulted in an increased incidence of cervicothoracic vascular and skeletal abnormalities. The highest no-effect dose established for these effects was 15 mg/kg per day, approximately three times the human dose of 100 mg on a mg/m² basis.

Pup Deaths: Oral treatment of pregnant rats with sumatriptan during the period of organogenesis resulted in a decrease in pup survival between birth and postnatal day 4 at doses of approximately 250 mg/kg per day or higher. The no-effect dose for this effect was approximately 60 mg/kg per day, or six times the human dose of 100 mg on a mg/m² basis.

Oral treatment of pregnant rats with sumatriptan from gestational day 17 through postnatal day 21 demonstrated a decrease in pup survival measured at postnatal days 2, 4, and 20 at the dose of 1,000 mg/kg per day. The no-effect dose for this finding was 100 mg/kg per day, approximately 10 times the human dose of 100 mg on a mg/m² basis.

Nursing Mothers: Sumatriptan is excreted in human breast milk. Therefore, caution should be exercised when considering the administration of Imitrex Tablets to nursing women.

Pediatric Use: Safety and effectiveness of Imitrex Tablets in pediatric patients have not been established.

Use in the Elderly: The safety and effectiveness of Imitrex Tablets in individuals over age 65 have not been systematically evaluated, but the pharmacokinetic disposition of Imitrex Tablets in the elderly is similar to that seen in younger adults.

ADVERSE REACTIONS: (see also PRECAUTIONS) Sumatriptan may cause coronary vasospasm in patients with a history of CAD, known to be susceptible to coronary artery vasospasm, and, very rarely, without prior history suggestive of CAD.

There have been rare reports from countries in which Imitrex® Tablets have been marketed of serious and/or life-threatening arrhythmias including atrial fibrillation, ventricular fibrillation, ventricular tachycardia; myocardial infarction; ECG changes suggestive of myocardial ischemia; and symptoms consistent with angina pectoris after oral sumatriptan. Chest discomfort, when it occurs, is usually noncardiac in origin.

Other untoward clinical events associated with the use of Imitrex Tablets are: warm/hot sensations, tingling/paresthesia, pressure sensations, flushing, sensations of heaviness, chest symptoms (tightness and sensations of heaviness), dizziness/vertigo, bad taste in mouth, weakness, myalgias, neck stiffness; all these untoward effects are transient, although they may be severe in occasional patients.

Incidence in Controlled Clinical Trials: The following table lists adverse events that occurred in two large US placebo-controlled clinical trials. Only events that occurred at a frequency of 1% or more in the Imitrex Tablets 100-mg group and that occurred more frequently in that group than the placebo group are included in the following table.

Treatment-Emergent Adverse Events in Controlled US Clinical Trials Reported by at Least 1% of Patients With Migraine*

	Percent of Patients Reporting			
Adverse Event Type	Placebo (n=112)	Imitrex 25 mg (n=114)	Imitrex 50 mg (n=108)	Imitrex 100 mg (n=112)
Atypical sensations				
Feeling of heaviness	<1	<1	<1	2
Feeling of tightness	0	<1	2	2
Pressure sensation	0	<1	2	2
Tingling	4	3	4	5
Warm/hot sensation	<1	2	3	4
Cardiovascular				
Flushing	<1	0	4	3
Palpitations	<1	0	<1	2
Ear, nose, and throat				
Discomfort: nasal	4	5	5	7
[illegible]tion of eye(s)	0	0	0	2
[illegible]sturbance	<1	0	<1	3
Musculoskeletal				
Weakness	0	2	<1	
Neurological				
Agitation	0	0	0	
Urogenital				
Dysuria	<1	0	0	

*Events that occurred at a frequency of 1% or more in the Imitrex® (sumatriptan succinate) Tablets 100-mg group and that occurred more frequently in this group than the placebo group.

Other events that occurred at least as often on placebo as in the 100-mg group included abdominal discomfort, mouth or tongue discomfort, stiffness, anxiety, taste disturbance, nausea and/or vomiting, migraine, headache, drowsiness/sedation, dizziness/vertigo, and malaise/fatigue.

Imitrex Tablets are generally well tolerated. Across all doses, most adverse reactions are mild and transient and do not lead to long-lasting effects. The incidence of adverse events in controlled clinical trials was not affected by gender or age of the patients. There was insufficient data to assess the influence of race on the incidence of adverse events.

Other Events Observed in Association With Oral Sumatriptan: In the paragraphs that follow, the frequencies of less commonly reported adverse clinical events are presented. Because the reports cite events observed in open and uncontrolled studies, the role of Imitrex Tablets in their causation cannot be reliably determined. Furthermore, variability associated with reporting requirements, the terminology used to describe adverse events, etc., limits the value of quantitative frequency estimates provided.

Event frequencies are calculated as the number of patients reporting an event divided by the total number of patients (n=6,348) exposed to oral sumatriptan. All reported events are included except those already listed in the previous table or those too general to be informative and those not reasonably associated with the use of the drug. Events are further classified within body system categories and enumerated in order of decreasing frequency using the following definitions: frequent adverse events are defined as those occurring in at least 1/100 administrations, infrequent adverse events are those occurring in 1/100 to 1/1,000 patients, and rare adverse events are those occurring in fewer than 1/1,000 patients.

Atypical Sensations: Frequent were burning sensation, numbness, paresthesia. Infrequent was tight feeling in head. Rare were dysesthesia, hot/cold sensation.

Cardiovascular: Frequent were chest discomfort, chest pressure/heaviness, chest tightness. Infrequent were arrhythmia, changes in ECG, hypertension, hypotension, pallor, pulsating sensations, tachycardia. Rare were angina, atherosclerosis, bradycardia, cerebral ischemia, cerebrovascular lesion, heart block, peripheral cyanosis, thrombosis, transient myocardial ischemia, vasodilation.

Ear, Nose, and Throat: Frequent were throat symptoms. Infrequent were hearing disturbances, otalgia. Rare was feeling of fullness in the ear(s).

Endocrine and Metabolic: Infrequent was thirst. Rare were elevated thyrotropin stimulating hormone (TSH) levels, galactorrhea, hyperglycemia, hypoglycemia, hypothyroidism, polydipsia, weight gain, weight loss.

Eye: Rare were disorders of sclera, mydriasis.

Gastrointestinal: Frequent were diarrhea, gastric symptoms. Infrequent were constipation, dysphagia, gastroesophageal reflux. Rare were gastrointestinal bleeding, hematemesis, melena, peptic ulcer.

Hematological Disorders: Rare was anemia.

Musculoskeletal: Frequent was myalgia. Infrequent was muscle cramp. Rare was tetany.

Neurological: Frequent were phonophobia, photophobia. Infrequent were confusion, depression, difficulty concentrating, disturbance of smell, dizziness, euphoria, facial pain, heat sensitivity, incoordination, lacrimation, nervousness, sleep disturbance, shivering, syncope, tremor. Rare were aggressive reaction, apathy, bradylogia, cluster headache, convulsions, decreased appetite, drug abuse, dystonic reaction, facial paralysis, hallucinations, hunger, hyperkinesia, hysteria, increased alertness, memory disturbance, neuralgia, neuritis, personality change, phobia, radiculopathy, rigidity, suicide, twitching.

Respiratory: Frequent was dyspnea. Infrequent was asthma, nasal congestion, hiccoughs.

Skin: Frequent was sweating. Infrequent were erythema, pruritus, rash, tenderness. Rare were dry/scaly skin, tightness of skin, wrinkling of skin.

Breasts: Infrequent was tenderness. Rare was nipple discharge.

Urogenital: Infrequent were dysmenorrhea, increased micturition, intermenstrual bleeding. Rare were abortion, hematuria.

Miscellaneous: Frequent was hypersensitivity. Infrequent were chills, fluid retention, overdose. Rare were edema, hematoma, lymphadenopathy, speech disturbance, voice disturbances.

Postmarketing Experience: The following are spontaneously reported events from postmarketing experience except those events already listed previously in the ADVERSE REACTIONS section or those too general to be informative. Because the reports cite events reported spontaneously from worldwide postmarketing experience, frequency of events and the role of Imitrex Tablets in their causation cannot be reliably determined.

Episodes of acute renal failure, angioneurotic edema, cardiac arrest, cerebrovascular accident, cyanosis, deafness, death, disturbances in liver function tests, exacerbation of sunburn, hepatic impairment, hepatic disorders, ischemic optic neuropathy, pancytopenia, panic disorder, peripheral edema, photosensitivity, pulmonary embolism, retinal artery occlusion, subarachnoid hemorrhage, temporal arteritis, thrombocytopenia, and xerostomia.

The following hypersensitivity reactions have been reported: rash, pruritus, erythema, and shortness of breath. In addition, anaphylaxis/anaphylactoid reactions have been reported (see WARNINGS).

DRUG ABUSE AND DEPENDENCE: The abuse potential of Imitrex Tablets cannot be fully delineated in advance of extensive marketing experience. A clinical study with Imitrex® (sumatriptan succinate) Injection found that patients with a history of substance abuse failed to induce subjective and/or physiologic response ordinarily associated with drugs of abuse or established potential for abuse.

OVERDOSAGE: Patients (n=670) have received single oral doses of 400 mg without significant adverse effects. Volunteers (n=174) have received oral doses of 140 to 400 mg without serious adverse events.

No gross overdoses in clinical practice have been reported. Severe vasospasm was observed after intravenous administration of sumatriptan (see CONTRAINDICATIONS). Overdoses would be expected from any of these possibly cause tremor, lethargy, erythema of the extremities, changes in respiration, cyanosis, ataxia, mydriasis and paralysis. The elimination half-life of sumatriptan is about 2.5 hours (see CLINICAL PHARMACOLOGY in full prescribing information), and therefore monitoring of patients after overdosage with Imitrex® Tablets should continue for at least 10 hours or while clinical signs persist.

It is unknown what effect hemodialysis or peritoneal dialysis has on serum concentrations of sumatriptan.

DOSAGE AND ADMINISTRATION: (See complete prescribing information for Imitrex® Tablets product labeling.) Hepatic disease and functional renal impairment also cause unpredictable elevations in the bioavailability of orally administered sumatriptan. Consequently, if treatment is deemed advisable in patients with severe liver disease, the maximum single dose should in general not exceed 25 mg (see CLINICAL PHARMACOLOGY in full prescribing information for this dosage recommendation).

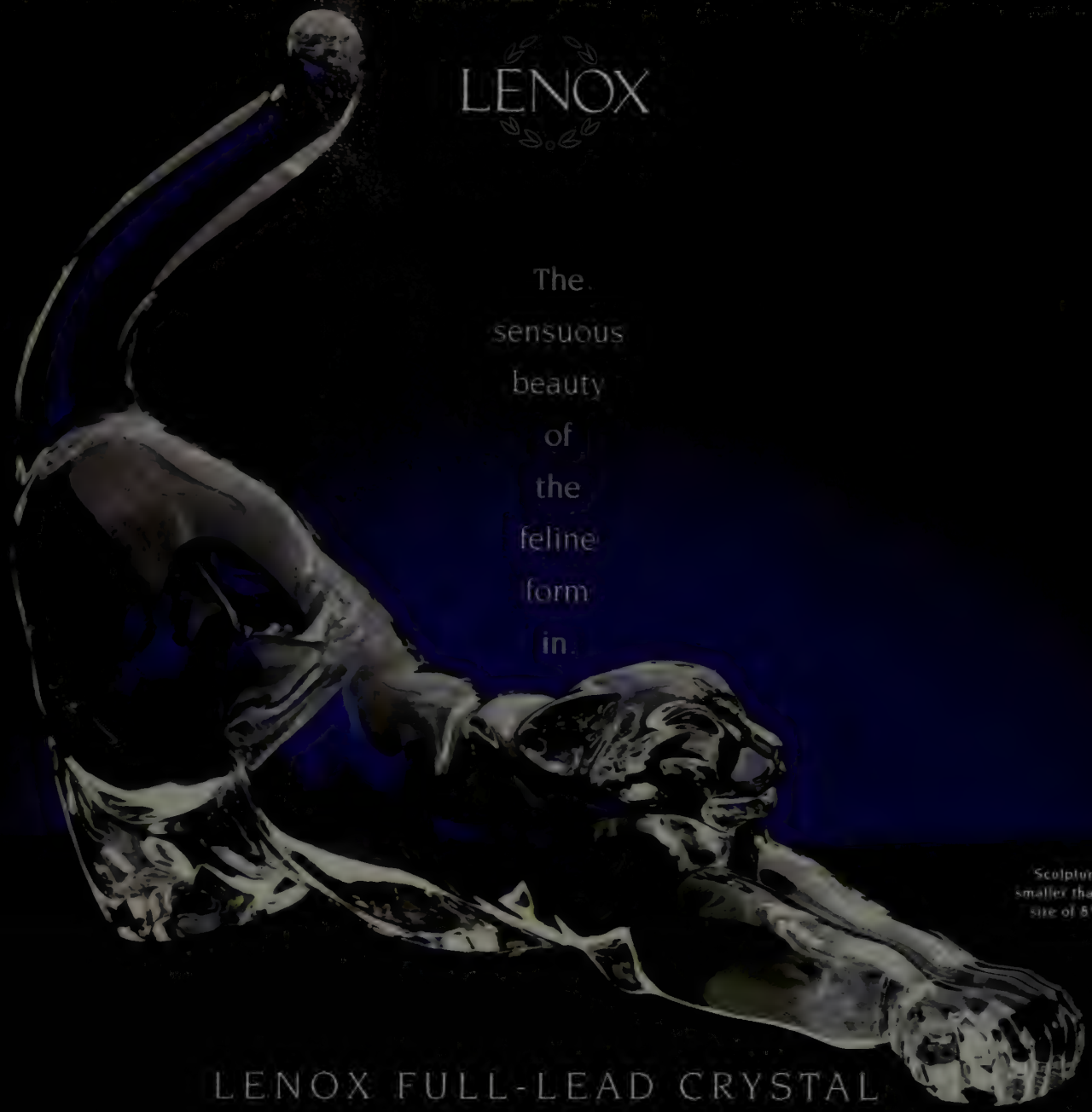
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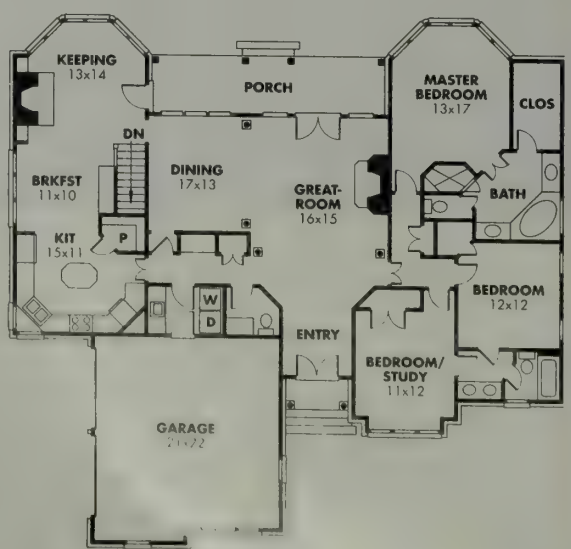
HOME PLAN | by Steven Greenhut

European Country Manor



Old World elegance is available in a modest-size package. This 2,150-square-foot ranch captures the romance of a French country château thanks to its mansard roof, brick cladding, columned entry, and side-load garage. Because of its openness and abundance of daylighting, the one-story plan feels spacious and comfortable. The entry, great-room, and dining room flow together. The kitchen features a breakfast nook and keeping room with a fireplace. The home also boasts three bedrooms, an enclosed rear porch, and a basement for expansion.

Total living area: 2,150 sq. ft.
Basement: 2,150 sq. ft.



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Great Mixers





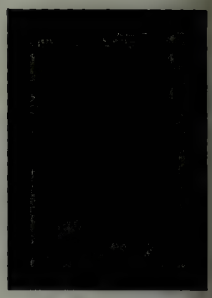
The blue moiré accents the miniature flower in the viney print fabric. The small touches of blue help to soothe and cool the warm red wall.



Repeating the scale of the flowers in the stripe *below*, the floral print *above* is softened by curved vines. They connect the flowers and contrast the stripes.



Wide green and white stripes with a floral running down its center, *above*, is a natural mix with the small-print viny floral pattern used elsewhere in the room.



A cross between a solid and a print, moiré fabric gives the eye a rest from busy pattern while adding textural appeal with a wavy, watery pattern.



By changing the width of the pattern, this skinny green-and-white stripe adds good-neighborly support to the viney floral print and floral stripe.



A much wider stripe in subtle variations of bright red ruffles the bed, a great mixer due to its contrasting large scale and the subtleness of the stripes.

Turning the decorating decibels down low with a sameness of color and pattern is peaceful enough for a while. But when the lack of friendly differences goes down as blatantly dull, it's time to crank up the volume with a harmonious mix of pattern and color that demands being heard.

Combining several patterns in one space without creating visual cacophony requires skill. Even the timid can make bold moves in that direction by following these safety guidelines:

- Look for patterns with a common denominator such as texture, color, or motif.
- Vary the scale of the patterns. Use three sizes, such as a mini print, a medium size stripe, and a large-scale floral for eye-pleasing differences.
- Maintain the same formality in the patterns and textures.

By following these tips, it's possible to mix florals, solids, and stripes within a single room or even upon a single furnishing.

Here, the different scales of geometrics are softened by a floral print and ruffled edges on the pillows and dust ruffle. The visual weight of the contrasting patterns is balanced by bouncing dark color around the room. The intense colors are softened with white so the design doesn't become visually "spotty."



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by Joseph Boehm

Better by Design

table dressings

Welcome some new ideas—as well as some old friends—to your table this holiday season by dressing it with both style and comfort.



French Country

Deep-hued tones and earth-bound textures treat the senses to a visual feast in a setting that revels in the beauty of autumn. Burlap bags pulled from the potting shed and bits of moss lay the groundwork for an unusual cornucopia—a glazed crock surrounded by squash and gourds that's filled with dahlias, vegetables, and cascades of grapes.

Turn to page Z4


Finally,

table dressings *continued from page Z2*



Children's Party Candy-bright colors sparkle and dance on a table that's set for a card-making party. Nontoxic paints and inks, sponges, and stamps are all the kids need to embellish plain papers and mugs with cheery greetings. In the center of it all stands a wire tree laden with the stuff found in sugarplum dreams.

continued on page Z6



Introducing

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by MR. COFFEE®

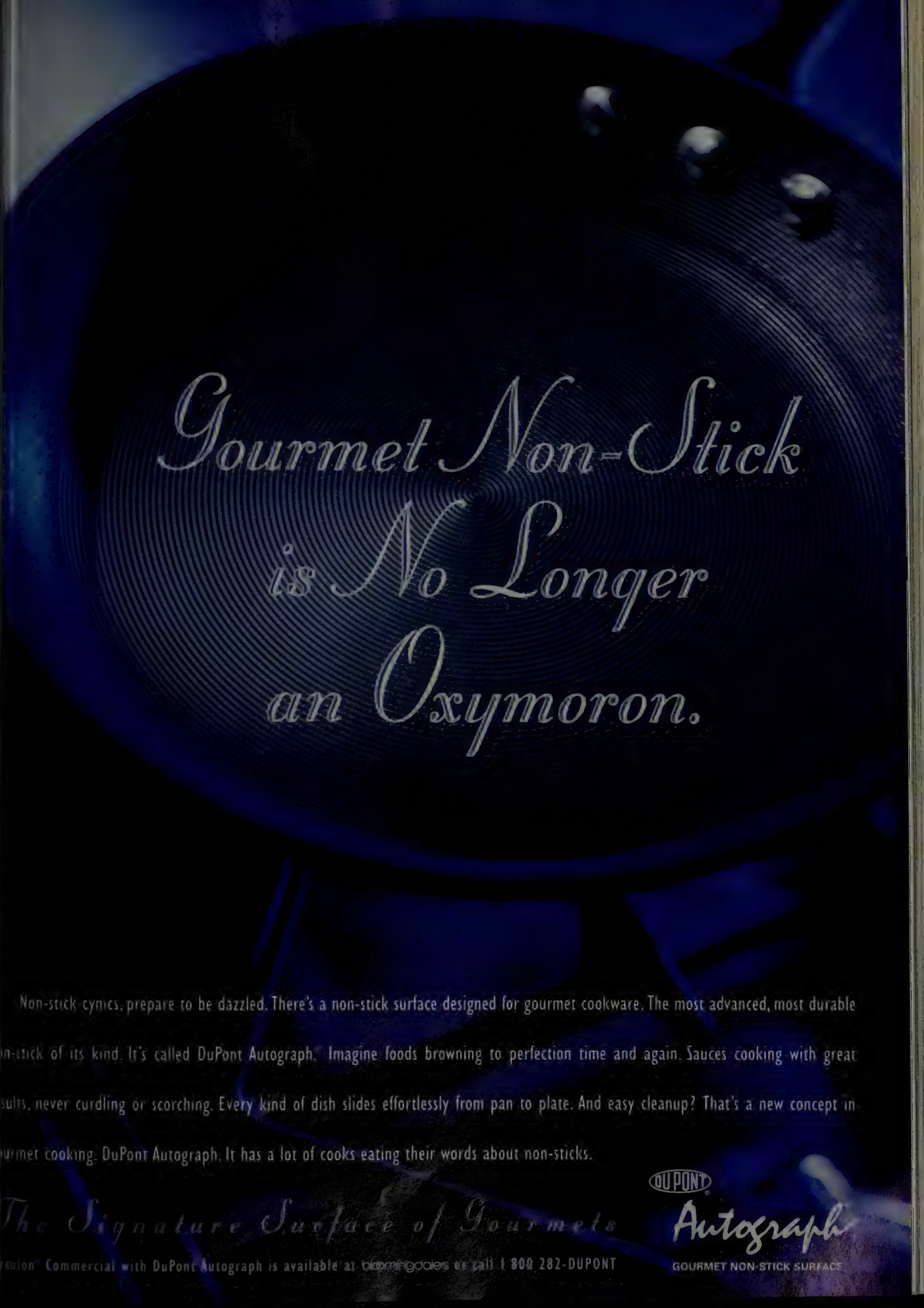
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table dressings *continued from page Z4*



Hanukkah Mix-and-match dishes in a trio of blue and white patterns bring an air of informality to a table that's cloaked in natural linen. A long-loved menorah with a mellow patina and newer heirlooms—elaborate kiddish cups and silver and crystal dreidels—provide a twist on tradition.

continued on page Z8



Non-stick cynics, prepare to be dazzled. There's a non-stick surface designed for gourmet cookware. The most advanced, most durable on-stick of its kind. It's called DuPont Autograph.™ Imagine foods browning to perfection time and again. Sauces cooking with great sults, never curdling or scorching. Every kind of dish slides effortlessly from pan to plate. And easy cleanup? That's a new concept in ourmet cooking. DuPont Autograph. It has a lot of cooks eating their words about non-sticks.

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table dressings *continued from page Z6*



Winter Picnic Toasty plaids warm the soul as well as the body at a gathering that celebrates the crisp days of winter. Bring the trimmings of outdoor fun to the table in unconventional ways—gloves to hold napkins and flatware, small wooden sleds for coasters, and skates as part of a centerpiece.

continued on page Z10

As I See It #7 in a series
Joyce Tenneson
'Renaissance Redux'
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table dressings *continued from page Z8*



Tray Chic Elegance sings a strong, clear song during a season that's often filled with the clatter of jingle bells. Clean lines and subtly different shades of white offer a spot of relief from sensory overload and invite New Year's guests to unwind, reflect, and start the new year rested.

continued on page Z12

n not a housewife. I'm a carwife.

ck up.

rop off.

op by.

un out.

o down.

urn around.

ome back.

ead out.

it wasn't for the mortgage,

wouldn't even know I had a house.

ive in the car.

eat in the car.

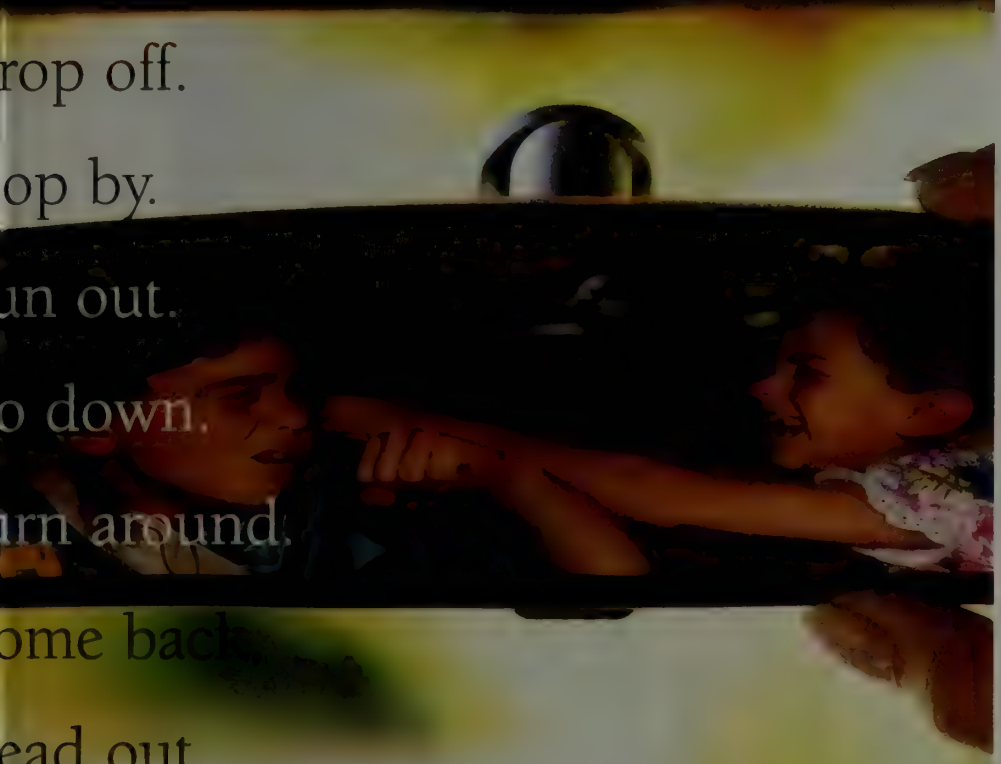
think in the car.

sterday, I told my youngest

bout the facts of life.

the car.

erfect.



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MOTOROLA

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table dressings *continued from page Z10*



Twelfth Night January 6 marks the twelfth day of Christmas—a time for royal celebration. Bright jewel tones and elaborate patterns trip the light fantastic around the dining table. In the center, a wreath of glass balls encircles a candle-filled hurricane.

continued on page Z14



LIGHT SPIRITS, MOUTH-WATERING AROMAS and a table set for nothing less than the merriest of gatherings. Whatever your recipe for holiday hospitality, Pier 1 can help with your entertaining plans. From cocktails and crudites to the last sweet indulgence, you'll find ideas for hosting, toasting and celebrating all season long.

Pier 1 imports®

A World Of Holiday Treasures

Dinnerware and stemware featured: Gold Leaf, Gold Line, Gold Ambiance and Sonya, $4.50-$35.
For the store location nearest you, call 1-800-447-4371.

table dressings *continued from page Z12*



French Country: Natural tones and textures are the source of this setting's richness. The use of unexpected materials—clay saucers for bread and butter plates, burlap and moss for the table covering—create the visual interest. Dinnerware: "Augustine" by Royal Doulton. Stemware: "Antonia" by Villeroy and Boch. Flatware: "Acorn" by Georg Jensen.



Children's Party: Sturdy and festive are the key requirements for kid-proof table settings. Protect the table with white butche paper—use it later for wrapping packages. Dinnerware: "Candy" salad plate and "Classic" Colorware I dinner plate by Pegg Karr Glass. Glassware: "Kavya" Luminarc by Durand International. Flatware: "Mardi Gras" by Washington Forge.

continued on page Z16

IF YOU'VE ALWAYS THOUGHT AMANA APPLIANCES WERE SOMEHOW BETTER BUT COULDN'T QUITE PUT IT INTO WORDS, HERE ARE THOSE WORDS.



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Making A Difference

Amana

Raytheon

table dressings *continued from page Z14*



Hanukkah: Natural linen softens the traditional blue and white colors at this Hanukkah table. The Star of David napkins shown on *page Z6* were embroidered at a monogram shop. Dinnerware: "Princess" dinner plate and "Blue Fluted" salad plate by Royal Copenhagen. Flatware: "Quintette" by Gorham. Stemware: "Curraghmore" by Waterford.



Winter Picnic: Celebrate the glory of winter either indoors or out with toasty reds and sparkling blacks. Dinnerware: "Renaissance Black" dinner plate and "Holiday Pine" salad plate by Fitz and Floyd. Stemware: "Spumante" by Maripos Flatware: "Ramona Black and Gold" by Yamazaki and "Tropez Gold Accent" by Retroneu.

continued on page Z17



We thought of everything.

Chapter Six

6

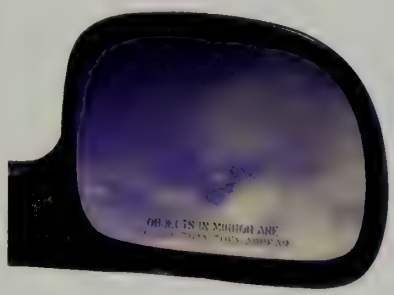


This highly technical device helps us record, identify and eliminate undesirable sounds.

Caravan's sleek new shape reduces wind noise. So does the extra sealing we put in the doors–including the available driver-side sliding door.



What makes the new Caravan so quiet?



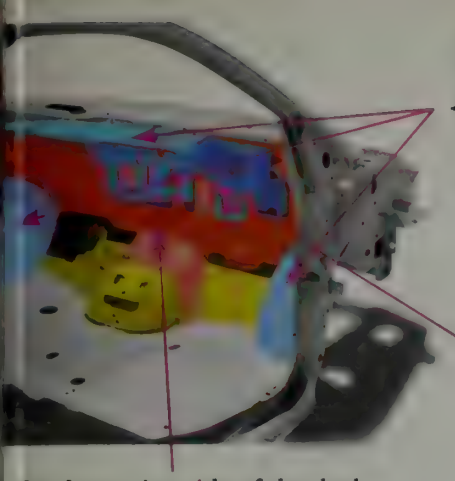
Objects are readily seen, but wind noise is barely heard–thanks to this large, but very aerodynamic side mirror.

To help keep noises and vibrations out of the passenger cabin, we bake sheets of sound-deadening mastic onto the floor.

These carefully placed sound baffles are road blocks for road noise.

Sound-abso... are placed i... select cavities w... noises can reverber...

A foam panel inside t... helps absorb outside ... before they get to ...

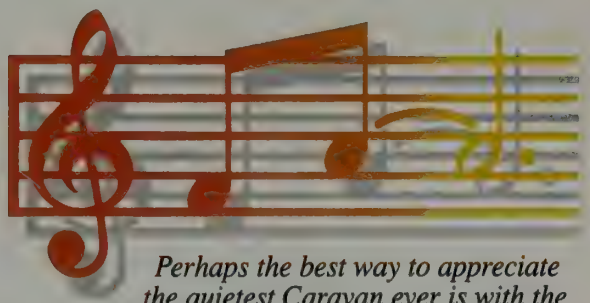




We place visco-elastic material on select areas of sheet metal and weld a steel patch over it. During paint-baking, the substance expands and bonds to the steel. The result: a highly effective sound-deadener called a patch constrained layer.

A double-layer dash silencer, composed of a vinyl barrier and 3/4-inch foam pad, is another way we contain noise.

On the engine side of the dash panel, a triple-layer silencer helps prevent noise from entering the passenger cabin.



Perhaps the best way to appreciate the quietest Caravan ever is with the new Infinity Acoustic 10® speaker sound system it offers.

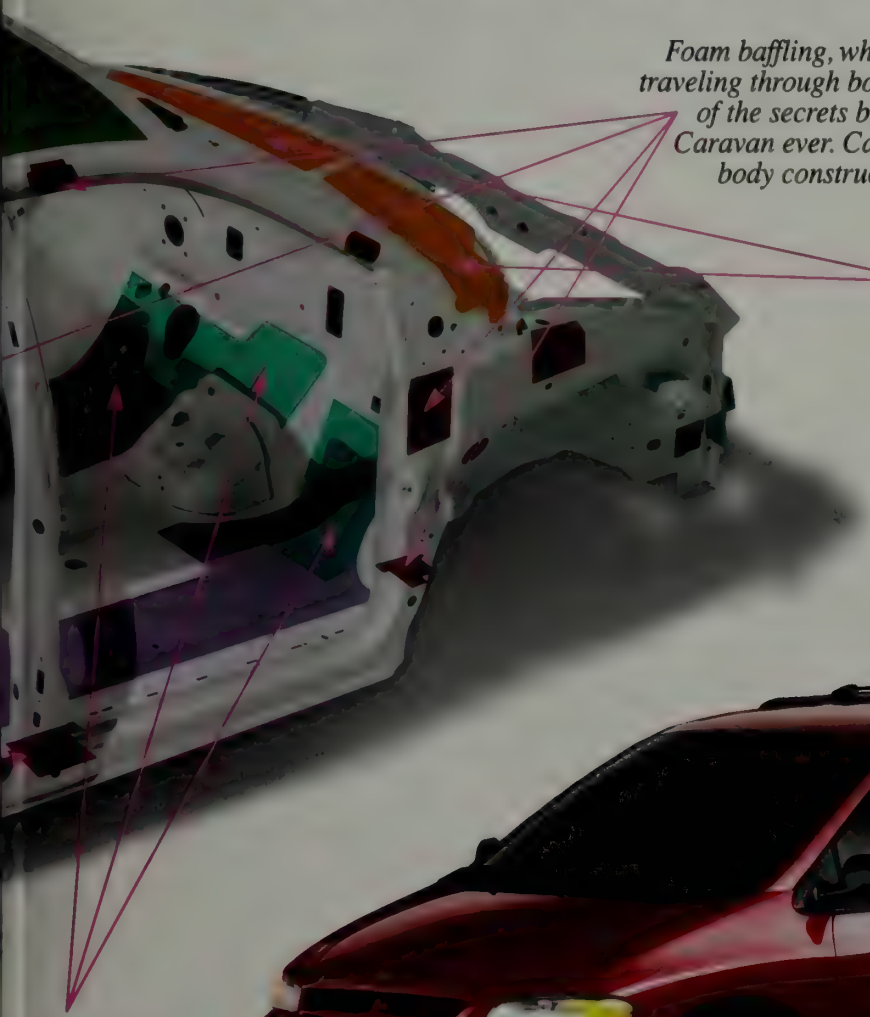
It's baffling.

Foam baffling, which stops noise from traveling through body cavities, is just one of the secrets behind the quietest Caravan ever. Caravan's super-rigid body construction is another.

The sound-blocking materials used here are applied to the inner door panels, as well.

We offer carpeting that's backed by three layers of sound insulation.





egically placed elastic material ficantly reduces road noise.



The New Dodge Caravan



We think you'll agree, we thought of everything. But if you can think of anything else you'd like to know, call 1-800-4-A-DODGE. And we'll send you all kinds of information.

The New Dodge Caravan

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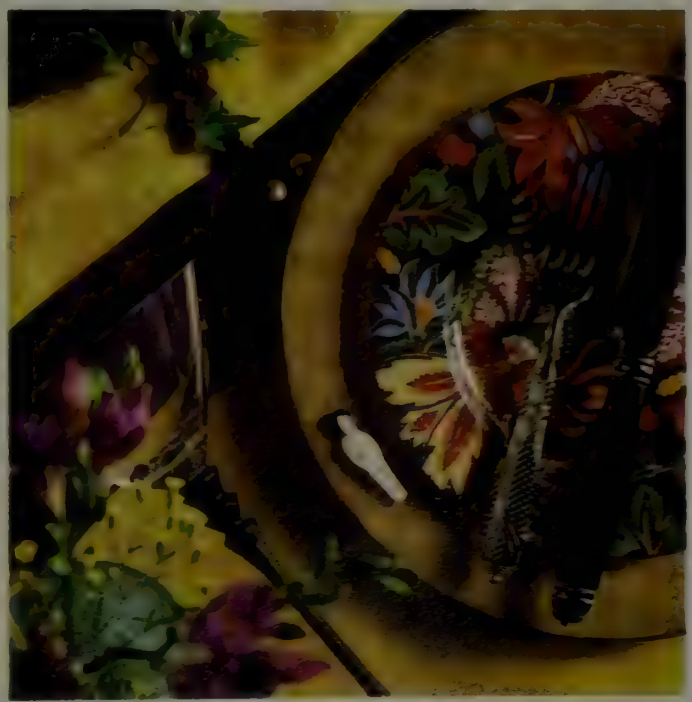
Always wear your seat belt.

Paper contains ten percent recycled materi

table dressings *continued from page Z16*



ray Chic: Simplicity of both line and design add up to an elegant equation in this geometric tabletop. The beauty of each piece nd the delicate differences in color keep it from being boring. Dinnerware: "Smoke Crackle" salad plates and "Cream Crackle" inner plates by Calvin Klein. Stemware: "Fine" by Calvin Klein. Flatware: "Hudson Bone" by Calvin Klein for Swid Powell.



welfth Night: Usher out the holidays with a celebration rich in color and pattern. To make the centerpiece shown on page Z12, ot-glue glass ornaments to a plastic foam wreath base. Dinnerware: "Kasmir" salad plate and "Carré D'Or" dinner plate by itz and Floyd. Stemware: "Barbados" by Schott Cristal. Flatware: "Byzantine GA" by Yamazaki and "Recamier" by Mariposa.



Celebrate the seasons.

Serve a delicious Italian meal of Contadina Pasta and Sauce, Dole® Zesty Italian Complete Salad with Fat Free Dressing and Stella D'Oro® Breadsticks. Contadina offers an enticing variety of pasta and sauce combinations to choose from. And, right now you can save on Dole Zesty Italian Complete Salad with this coupon.





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Better by Design

gifts that entertain

Candlesticks and service pieces reflect your generosity and good taste long after the Christmas wrappings are gone.



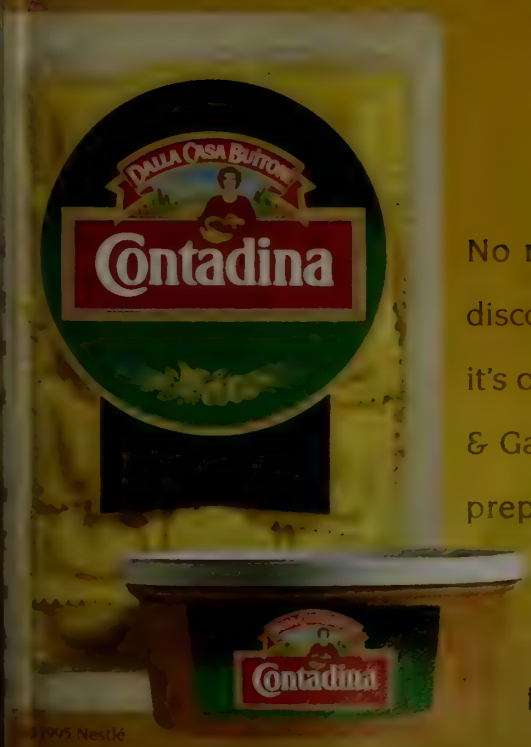
Top row, left to right: "Alfi" sterling silver coffee thermos, Barneys New York, 212/82 8900. Crystal candlesticks #12052 00020 and #12052 00016, Takashimay 800/753-2038. "Charleston" tea service, Christofle, 800/477-0990. Crystal candl stick #12052 00015, Takashimaya, 800/753-2038. "Lion's Head" ice bucket, Reed Barton, 800/343-1383.

Bottom row, left to right: Glass candlestick, Crate and Barrel, 800/323-5461. Pun bowl and cup, Oneida Silversmiths, 800/877-6667. Cruet set, Boda Nova, 800/62 5075. "Smithsonian" ice bucket, Kirk Stieff of Lenox Brands, 800/635-3669. "Brittani Collection compote, Tiffany & Company, 800/526-0649. Silver candelabra, Reed Barton, 800/343-1383. "Couzon" cocktail shaker, Barney's New York, 212/826-89

continued on page Z20



Contadina. Why ravioli were meant to be eaten one at a time.



No matter which variety of Contadina ravioli you choose, you'll discover a taste of pure bliss that begs to be savored slowly. Whether it's our new Gorgonzola Cheese & Walnut, Chicken & Rosemary, Beef & Garlic, Light Garden Vegetable or classic Cheese ravioli, each is prepared from an original recipe created by the chefs at Casa Buitoni, the Contadina culinary arts center in Tuscany, Italy. And, like all our refrigerated pastas, Contadina ravioli are always freshly made for a tenderhearted taste that's hard to resist.

©1995 Nestlé

Contadina. The freshest ideas in Italian cooking.™

gifts that entertain *continued from page Z18*



Beautiful gifts of silver, crystal, and gold still shimmer and shine long after the twinkle of holiday lights is gone.

Top row, left to right: Gold teacup and saucer #12041 00010, Takashimaya, 800/753-2038. Glass urn, Ballard Designs, 404/351-5099. "Conte Colors" amber-stemmed flute, Schott Zwiesel, 800/633-4505. "Gold Ball" champagne flute, Vietri, 800/290-5933. "Angel Champagne Flute," Lalique, 800/993-2580. Frosted vase, Boda Nova, 800/621-5075. "Nantucket Basket" lidded bowl, Wedgwood, 908/938-5800. Round gold vase and oval platter, Crate and Barrel, 800/323-5461. "Fleurs Liqueur Cabinet," Lalique, 800/993-2580.

Bottom row, left to right: "Vega" crystal stemware, Baccarat, 800/777-0100. "Tucano" frosted-stemmed stemware, Sasaki, 212/686-5080. "Clarity Gold" gold-rimmed stemware, Lenox Crystal, 800/635-3669. Tall gold vase #5732, Crate and Barrel, 800/323-5461. "Monroe" gravy boat, Lenox China, 800/635-3669. Tall footed centerpiece bowl #5732, Stuben, 800/424-4240. Glass and gold teapot #12177, Takashimaya, 800/753-2038. "Roman Stripe" #ST100G gold striped plate, Annieglass, 800/347-6133. "Brittania" Collection compote, Tiffany & Company, 800/526-0649. "Blanc de Blanc" tureen, Philippe DeShoulieres, 800/993-2580. "Lyre Vase" #8113, Stuben, 800/424-4240. "Carat" gold cup and saucer, Philippe DeShoulieres, 800/993-2580. Porcelain candlestick, Royal Copenhagen, 800/431-1992.

Why not a life on the water?
the future looked pretty good: a sail boat
and a
wind and sunburn got old.
And wet.
So you charted a different course:
school.
A career.
Marriage.
Now the
Great Room
of your remodeled home looks, well, great.
Moulding.
Paneling.
Light from new windows.
Maybe you committed to
romance after all?



NOTICE THE CURVES OF THE CROWN MOULDING? YOU WILL. THEY'RE IMPOSSIBLE TO MISS. AMAZING WHAT A LITTLE TEXTURE ADDS TO A ROOM. IT'S HERE, ABOVE THE TASTEFUL WAINSCOT OF BEDFORD VILLAGE™ PANELS (THE VERY SAME PANELS GIVING THE CEILING ITS DISTINCTIVE LOOK) AND THE RICH WOOD TONES OF SOUTHERN GOLD™ PINE FLOORING, AIRED AND LIT BY G-P GRAND VIEW™ WINDOWS AND GRAND PASSAGE™ ENTRY DOORS. IS IT AN OPTION TO STAY IN A ROOM FOREVER? MAYBE. BUT FIRST, STOP BY TO SEE US. 1-800-BUILD G-P (284-5347)

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We help you build
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Your holiday entertaining theme certainly won't be done on a wing and a prayer with decorations like these. Oversized angel wings cut from foam-core board alternate with lamé bows holding greens and carnations.

high-rent parties

Make it easy on yourself this year. When it's time to entertain a large group, turn to rental houses for help with your holiday table settings. They'll provide much more than skirted tables and boring chairs. Shops specializing in dinnerware, serving pieces, and centerpiece essentials are cropping up across the country. Others offer more tablecloths and napkins than you could ever imagine. We've mixed our own convivial salad plates and centerpiece ideas with rented items for a look that's truly high-style.

continued on page Z26



THE BEST PLACE TO SLEEP

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And you'll rest easier for years to come knowing that **ComfortCrafted** mattresses feature nly 25-year warranty in the world. Ask your salesperson for details.

Try a Sears-O-Pedic **ComfortCrafted** mattress for yourself at the Homelife iture Store from Sears. You won't find the best place to sleep anyplace else.

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can transform your space into a whole new environment.
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HANGING THE WORLD. ONE WINDOW AT A TIME.
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LONE STAR COFFEE CLUB USA

high-rent parties

continued from page Z22



These inexpensive but festive salad plates from Pier 1 can be used year after year. They mingle with traditional linens and dinnerware. The linens are rented from BBJ Boutique Linens, and the tableware is from Tablescapes, both in Chicago.

The most successful parties are those done with lots of pre-planning. The theme and colors for this celebration were determined first—angels and elegance done in green, gold, and white. Gaily decorated salad plates were purchased and used for the main pattern at each setting. Gold-rimmed dinner plates and brass chargers were rented to complete the table.

As each guest goes through the line, they pick up their flatware last. Cone-shape paper Christmas tree ornaments that are meant to hold candies or dried flowers hold napkins and flatware instead. The cone's handle

continued on page Z28

When serving your guests a buffet-style dinner, plan their path to minimize the juggling of food, drink, and flatware. *Below:* Paper cones that usually decorate the Christmas tree hold flatware and napkins for a buffet.

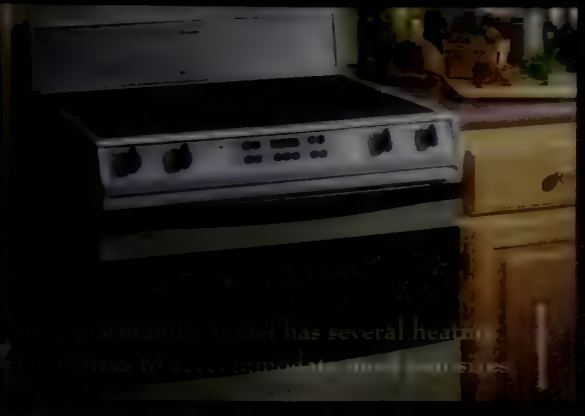


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Adapted from THE POLAR EXPRESS by Chris Van Allsburg, published by Houghton Mifflin Company, Boston. Copyright ©1985 by Chris Van Allsburg.

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Angel wings cut from foam-core board and painted with acrylic spray paint grace the back of every other slipcovered chair. A dull-tipped stylus gave the wings texture without breaking the surface of the board.

Alternate chairs are tied with giant lamé bows, greens, and carnations. If the party is to be an all-night affair, slip the flowe stems into water-filled vials to keep them fresh. You'll find the vials in floral and crafts shops.

Better *by* Design

high-rent parties *continued*

from page Z26

slips over each guest's wrist, making it easy to carry both their plate and utensils.

Few hosts have a multitude of chairs that can look as heavenly as these. White slip covers (available at linen rental shops) disguise plain plastic stacking chairs or metal folding chairs. Instead of being an eyesore, the utilitarian chairs become one of the room's highlights.

The golden bows repeat in miniature on the champagne bucket and the stems of the glasses. They also trim the dessert

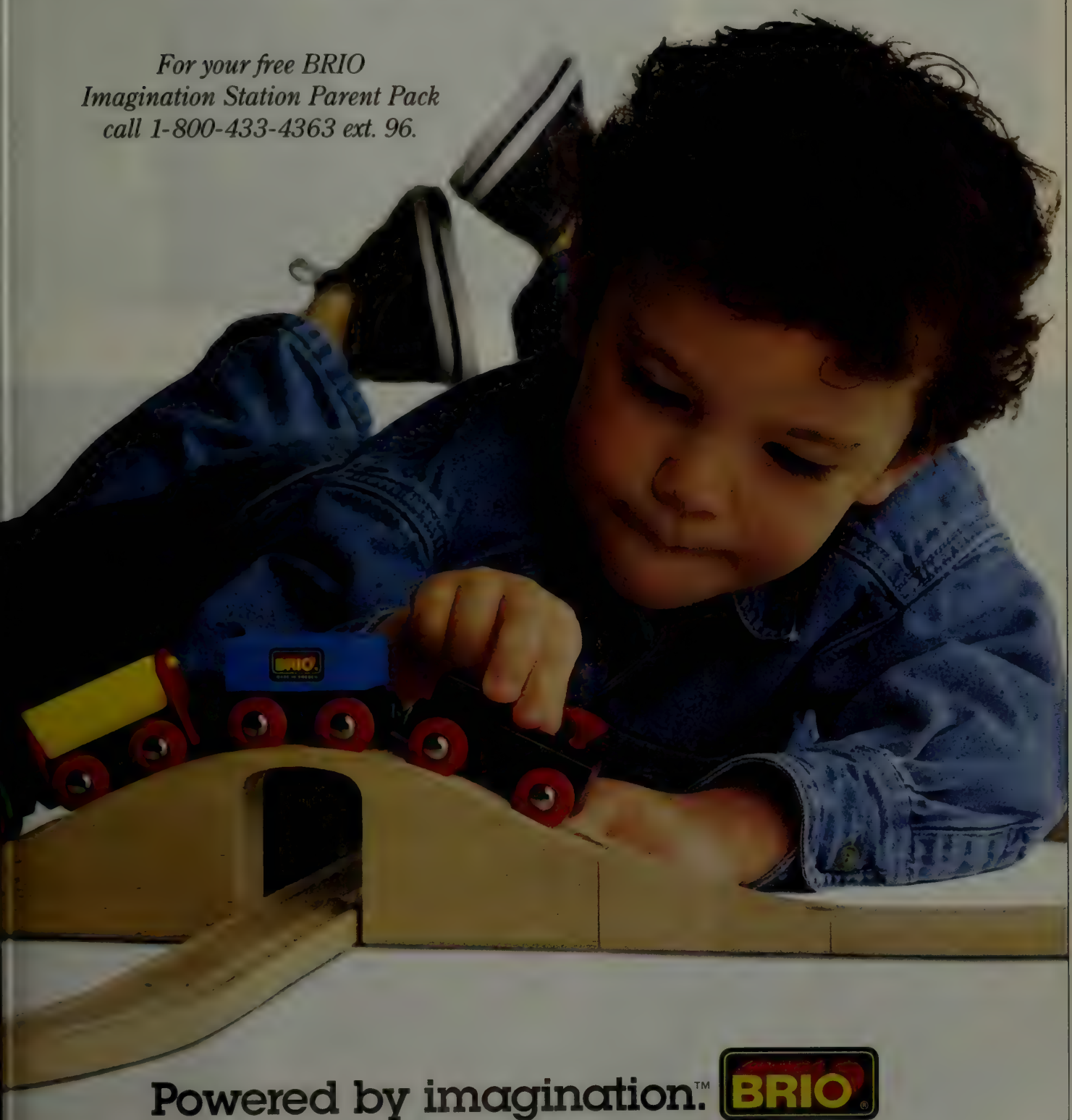
continued on page Z30



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high-rent parties *continued from page Z28*

table. Make sure to keep the bow tails short so they don't interfere with eating, drinking, and serving.

At each table's center, a wreath of mixed greens is filled with gold-studded candles, cheery apples, and an assortment of gold ornaments that finish off the original theme. By setting the tone ahead of time, you'll considerably ease the job of coordinating purchased, owned, and rented items. The result is a look that's festive, sophisticated, and heavenly.



Frozen cranberries take the place of ice cubes and add a po of color to a silver champagne bucket. As the cranberries warm and the buck chills, both take on a frosty charm. Snippets of holly ar greens and a gold bow tie it all togeth

You don't necessari
to express yourself

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Rented cake stands, urns, and assorted serving pieces can make entertaining easy and elegant. Renting the pieces costs far less than buying.

A simple wreath encircles a trio of gold-studded candles, crisp red apples, and a cluster of golden ornaments.





At Merillat, we believe that your new kitchen should have a distinct personality. Preferably yours.

That's why we're offering our Kitchen Design & Planning Kit, a step-by-step guide to help you create your own kitchen. It has idea starters, graph paper, templates, tips on budgeting, hiring contractors and much more.

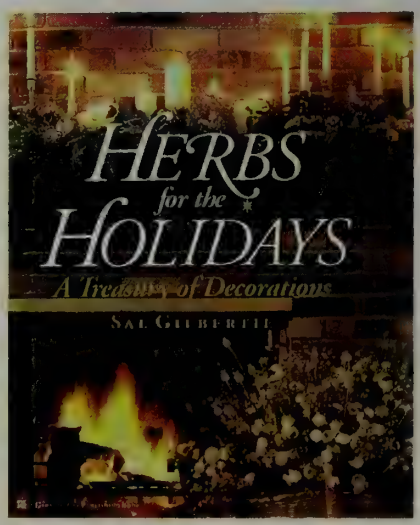
For only $8, it can give your kitchen a personality you're sure to love. Yours.

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titles for the giving

Check out the bookshelves this season. You'll find the perfect title for the bibliophiles, nature lovers, and decorating devotees on your gift-giving list.



HERBS FOR THE HOLIDAYS

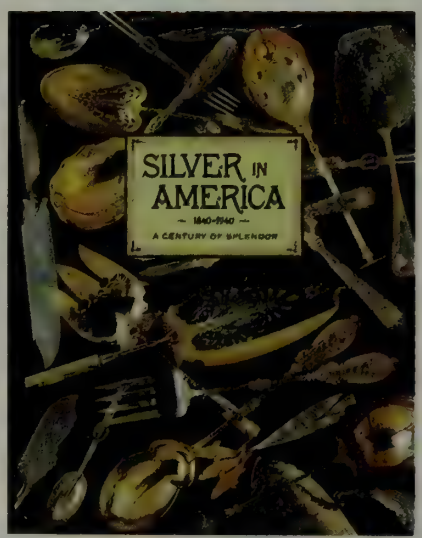
A Treasury of Decorations
by Sal Gilbertie

Well-known herbalist and designer Sal Gilbertie shares over 30 of his natural and fragrant projects in his fourth book, *Herbs for the Holidays.* Topiaries, swags, outdoor decorations, centerpieces, and wreaths use materials gathered from the garden, florist, or crafts store.

Gilbertie owns Gilbertie's Herb Gardens in Westport, Connecticut, the largest supplier of herb plants in the country. He also produces and sells natural scents, called Gilbertie's Natural Fragrances, through fine gift stores nationwide.

The projects in *Herbs for the Holidays* come from the Gilbertie family's own holiday decorating traditions and are a refreshing alternative to traditional greens, bows, and tinsel. Step-by-step instructions and lush photographs make the crafting easy.

A Garden Way Publishing Book from Storey Communications, Inc., $21.95.



SILVER IN AMERICA

1840–1940
A Century of Splendor
by Charles L. Venable

From fruit dishes festooned with grapevines to fish sets with funky serpent designs, the history of silver patterns, trends, and usage is traced through its most elaborate times. The impact of politics, tariffs, and societal trends on the silver industry makes for fascinating reading and helps explain the silver fashions of yesterday and today.

Charles L. Venable, curator of decorative arts at the Dallas Museum of Art, draws on extensive research to explain how and why Americans became the largest producers and consumers of silver tableware in the world after 1840. Patterns from firms such as Tiffany, Gorham, Meriden Britannia, and Reed & Barton are shown in the 260 illustrations. They'll bring back memories of the wonderful tables your grandmother set.

From Harry N. Abrams, Inc. Publishers, $65.00.



THE DINING ROOM

by Diane Berger

This feast of dining room styles and trends is a treat for decorating and entertaining buffs. The styles run the gamut from traditional to outré and offer up a menu of curiosity, luxury and just plain fun.

The masterful photographs show delectable dining rooms throughou Europe and America and highligh the works of well-known designers including Valentino, David Hicks Fendi, and Bill Blass. A more-than adequate collection of practica inventive, and budget-consciou design tips are included so that th looks can be re-created at home. Wa and window treatments, furnishing and table settings are discussed in detail, and an extensiv list of resources is included.

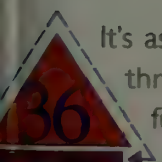
From Abbeville Publishing Group, $27.50.

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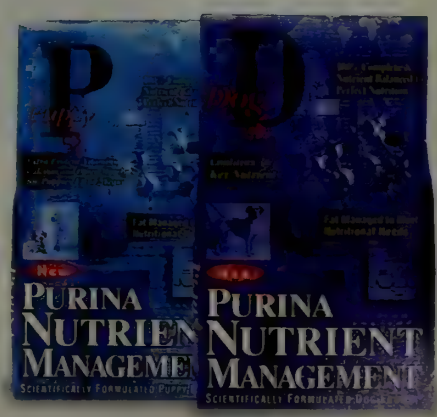
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Buying Guide

Most of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, write the manufacturers listed below.

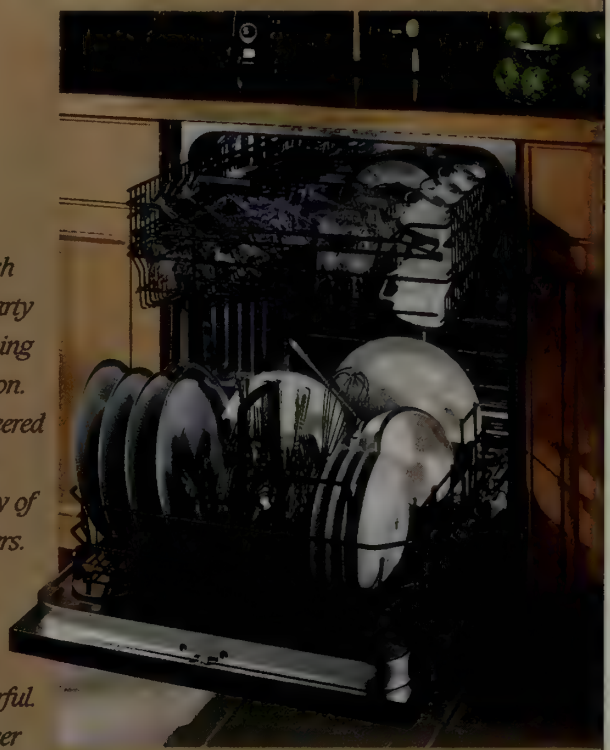
BETTER BY DESIGN
Page Z1: gold and white candles—Two's Company; available through Nocolina of New York; to order by phone call 212/302-6426.

TABLE DRESSINGS FRENCH COUNTRY
Page Z2: dinnerware, "Augustine"—Royal Doulton USA; for a store near you call 800/68CHINA. **Crystal stemware,** "Antonia"—Villeroy and Boch; for a store near you call 800/845-5376. **Green stemware,** "Fleur de Lis"—Mariposa; for a store near you call 800/788-1304. **Flatware,** "Acorn"—Georg Jensen; for a store near you call 800/431-1992. **Bamboo bread and butter knife**—Barneys New York, 212/826-8900. **Coffee pot,** "Coffee Pot, 8 cup," soleil—Quimper Faïence; to order by phone call 203/535-1712. **Candles,** "Candle Pots" No. 05-893727; **napkin rings,** "Terra-Cotta Napkin Rings" No. 05-900928; **crock,** "Earthenware Jar" 05-894956—Gardeners Eden, P.O. Box 7307, San Francisco, CA 94120-7307. To order by phone call 800/822-9600. **Napkins,** "Pasta" is a similar pattern and comes in various colors—Pierre Deux; for stores near you call 800/[illegible].

CHILDREN'S PARTY
Page Z4: dinner plate, "Classic" Colorware 1; **Salad plate,** "Candy"—Peggy Karr Glass; for a store near you call 800/PKG-8585. **Glassware,** "Kavya"—Luminarc by Durand Int'l.; available in stores nationwide or call 609/825-5620. **Red and green flatware,** "Mardi Gras"—Washington Forge; for a store near you call 708/581-0400. **Napkin**—Ralph Lauren Home Collection, 1185 Ave. of the Americas, New York, NY 10036. **Wire Christmas tree**—The Farmhouse, 10000 N.W. 70th Ave., Grimes, IA 50111; to order by phone call 515/986-3628. **Crayola crayons,** Liquitex "Glossies" **paints,** "Shapes" **sponges, and basics acrylic paints**—Binney & Smith; all products are available at arts and crafts stores nationwide, or write Binney & Smith, 1100 Church Ln., Easton, PA 18044. **Rubber stamps**—Outstamping Designs, 208 Fifth St., West Des Moines, IA 50265; to order by phone call 515/277-5719.

HANUKKAH
Page Z6: dinner plate, "Princess"; **salad plate,** "Blue Fluted" plain; **salt and pepper,** "Blue Flower" curved—Royal Copenhagen; for a store near you call 800/431-1992. **Stemware,** "Curraghmore"; **crystal dreidel**—Waterford; for a store near you call 800/677-7860. **Flatware,** "Quintette"—Gorham of Lenox Brands; for a store near you call 800/635-3669. **Silver dreidel and kiddish cups**—Metropolitan Museum of Art; to order by phone call 800/468-7386. **Tablecloth,** "Natural Raffia"—Archipelago; for a store near you call 212/334-9460. **Blue cup** (used as vase) **and menorah**—private collections.

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*Test details available upon request.

WINTER PICNIC
Page Z8: dinner plate, "Renaissance Black"; **salad plate,** "Holiday Pine"—Fitz and Floyd; for a store near you call 214/918-0098, ext. 2089. **Stemware,** "Spumante"—Mariposa; for a store near you call 800/788-1304. **Black and gold flatware,** "Ramona Black and Gold"—Yamazaki; for a store near you call 800/441-3675. **18/10 stainless and 24K gold flatware,** "Tropez Gold Accent"—Retroneu; for more information call 212/683-9660. **Red pitcher,** Emile Henry—Eggshell; to order by phone call 515/223-5778. **Mug,** discontinued. **Blanket,** "True Buffalo Plaid Blanket"—Woolrich, Inc., 1 Mill St., Woolrich, PA 17779. **Black and white napkins**—Wolfman-Gold & Good; to order by phone call 212/431-1888. **Sleds** (used as coasters), **small sled,** No. 8740B—Walnut Hollow Woodcrafts available at crafts stores nationwide; for additional information call 800/950-5101.

TRAY CHIC
Page Z10: dinner plate, "Cream Crackle"; **salad plate,** "Smoke Crackle" **stemware, candlesticks and vases, flatware,** "Hudson Bone"; **wooden tray,** cherry—Calvin Klein Home Collection; to order by phone call 212/292-9000. **Frosted plate,** "Shell Series"—Annieglass; for a store near you or to order by phone call 800/347-6133. **Urn**—Ballard Designs; to order by phone call 404/351-5099. **Tablecloth,** No. 609541—Waverly; for more information, call 800/423-5881. **Napkins,** "Chrysanthemum" champagne—Leslie Pontz; for more information call 215/242-3366.

TWELFTH NIGHT
Page Z12: dinner plate, "Carré D' Or" and sal

plate "Kashmir"—Fitz and Floyd; for a store near you call 214/918-0098 ext. 2089. **Stemware,** "Barbados"—Schott Zwiesel; for a store near you call 800/633-4505. **Green flatware,** "Recamier"—Mariposa; for a store near you call 800/788-1304. **Stainless flatware,** "Byzantine GA"—Yamazaki; for a store near you call 800/441-3675. **Tablecloth and napkins,** "Clouds" (yellow)—Palais Royale; for a store near you call 800/322-3911. **Vase**—private collection. **Fuchsia, gold, and green glass balls** (centerpiece)—Silvestri; for a store near you call 212/918-0098 ext. 2089. **Other balls and beads**—available in crafts and holiday stores. **Hurricane** (centerpiece)—Pier 1; for a store near you call 800/447-4371.

GIFTS THAT ENTERTAIN

Page Z18: (*top row, left to right*): sterling silver coffee thermos, "Alfi"—Barneys New York; select stores; to order by phone call 212/826-8900. **Crystal candlesticks,** No. 12052 00020, No. 12052 00016, and No. 12052 00015—Takashimaya; 695 Fifth Ave., New York, NY 10022; to order by phone call 800/753-2038. **Tea service,** "Charleston"—Christofle; for a store near you call 800/477-0990. **Ice bucket,** "Lion's Head"—Reed & Barton; 144 Britannia St., Taunton, MA 02780; for a store near you call 800/343-1383. (***Bottom row, left to right*): glass candlestick**—Crate & Barrel; to order by phone call 800/323-5461. **Punch bowl and cup**—Oneida Silversmiths; Oneida, NY 13421; for a store near you call 800/877-6667. **Cruet set**—Bodo Nova, Inc.; for more information call 800/621-5075. **Ice bucket,** "Smithsonian"—Kirk Stieff of Lenox Brands; 800/635-3669. **Compote,** "Britannia" Collection—Tiffany & Co.; available at all Tiffany locations; for more information call 800/526-0649. **Silver candelabra**—Reed & Barton; for a store near you call 800/877-6667. **Cocktail shaker,** "Couzon"—Barney's New York; select stores; 212/826-8900.

Page Z20: (*top row, left to right*): gold teacup and saucer, No. 12041 00010—Takashimaya (address above). **Glass urn,** No. AV036—Ballard Designs, 1670 DeFloor Ave. NW., Dept. Edit MAGA '95, Atlanta, GA 30318-7528; to order by phone call 404/351-5099. **Amber-stemmed flute,** "Conte Colors"—Schott Zwiesel; for a store near you call 800/633-4505. **Champagne flute,** "Gold Ball"—Vietri; for a store near you call 800/290-5933. **Champagne flute,** "Angel Champagne Flute"; **decanter trio,** "Fleurs Liqueur Cabinet"—Lalique, 680 Madison Ave., New York, NY 10021; for a store near you call 800/993-2580. **Frosted vase**—Bodo Nova; for more information call 800/621-5075. **Lidded bowl,** "Nantucket Basket"—Wedgwood; for a store near you call 908/938-5800. **Round gold vase and oval platter**—Crate and Barrel; to order by phone call 800/323-5461. (***Bottom row, left to right*): Crystal wine glass,** "Vega"—Baccarat, 625 Madison Ave., New York, NY 10022; for a store near you call 800/777-0100. **Frosted-stemmed wine glass,** "Tucano"—Sasaki; 41 Madison Ave., New York, NY 10010; for a store near you call 212/686-5080. **Gold-rimmed stemware,** "Clarity Gold" Lenox Crystal of Lenox Brands; for a store near you call 800/635-3669. **Tall gold vase,** No. 5732—Crate and Barrel; to order by phone call 800/323-5461. **Gravy boat,** "Monroe"—Lenox China of Lenox Brands (address above). **Tall footed centerpiece bowl,** No. 5732. **crystal vase,** "Lyre Vase" No. 8113—Steuben, 717 Fifth Ave., New York, NY 10022; for a store near you, call 800/424-4240. **Glass and gold teapot,** No. 12177—Takashimaya (address above). **Gold and glass striped plate,** "Roman Stripe" No. ST100G—Annieglass; for a store near you or to order by phone call 800/347-6133. **Compote,** "Britannia" Collection—Tiffany & Co.; available at all Tiffany locations; for more information call 800/526-0649. **Tureen,** "Blanc de Blanc"; **gold cup and saucer,** "Carat"—Philippe DeShoulieres; for a store near you call 800/993-2580. **Porcelain candlestick**—Royal Copenhagen, 625 Madison Ave., New York, NY; for a store near you call 800/431-1992.

HIGH-RENT PARTIES

Page Z22: green tablecloth and drapery fabric, "Royal Damask" evergreen No. 645862—Waverly; for more information call 800/423-5881. **All remaining linens,** BBJ Boutique Linens, 7855 N. Gross Point Rd., Skogie, IL 60077; for more information call 800/722-0126 outside Illinois. Inside Illinois, call 708/329-8400. **Chargers, dinner plates, stemware, flatware, and all serving pieces**—Tablescapes, Ltd., 1840 W. Hubbard St., Chicago, IL 60622; 312/733-9700; no shipping, delivery in Chicago area only. **White and gold candles**—Two's Company; available through Nocolino of New York; to order by phone, call 212/302-6426.

Page Z26: patterned salad plate—Pier 1; for a store near you call 800/447-4371. **Cone-shaped ornaments**—private collection.

Page Z31: angels—Metropolitan Museum of Art; to order by phone call 800/468-7386. **Birds,** "Dove Candleholders" No. HC150 (tall) and No. HC151; **glass urn,** No. AV036—Ballard Designs; to order by phone call 404/351-5099. **Demitasse cups**—Pier 1; for a store near you call 800/447-4371.

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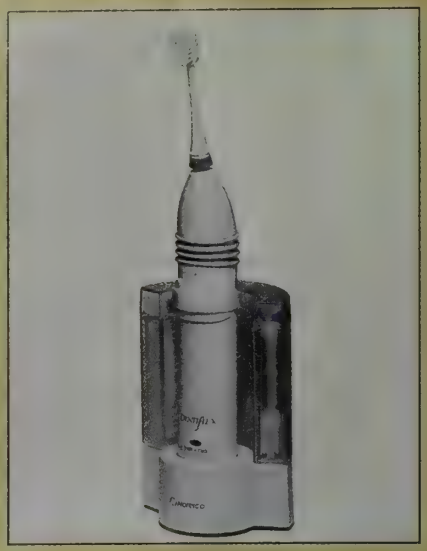


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Holiday Gift Guide

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Norelco



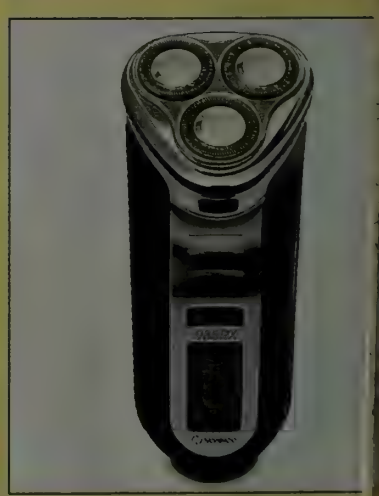


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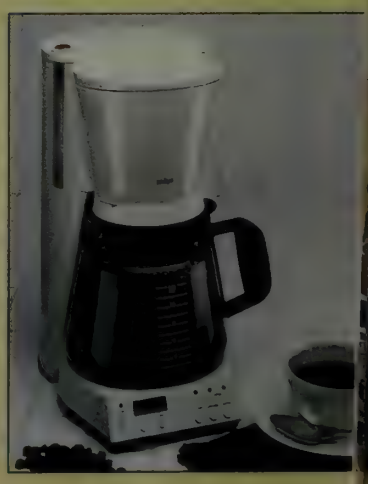
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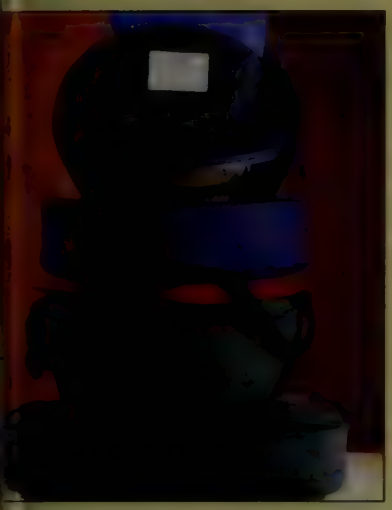


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Coffee Quest

Better by Design

renting party linens

Take some of the pressure and cost out of entertaining at home by calling on one of the newest service industries—the linen rental business. These folks offer much more than the standard white-tablecloth-black-skirt combo. Their showrooms are stocked with everything from glamour and glitz for the holidays to cowpokes and dinosaurs for the under-10 crowd.

Renting linens—most commonly tablecloths, napkins, and chair covers—is cheaper than buying, and may even be more cost-effective than using the goods you already have. Laundering costs for linens add up quickly. With rented items, you pay nothing but the flat fee.

Judy Goldberg, Bonnie Dannen, and Bill Pry of BBJ Boutique Linens in Chicago rent linens across the country, from a single tablecloth to full ensembles for a party of 3,000. They offer the following tips:

- Deal with a reputable company.
- Know your obligation as far as damage or loss. Normal wear and tear, such as food stains and candle drips, won't cost extra, but rips, burns, or obvious misuse will cost you.
- Check the exact size and number of tables, including serving tables.
- Order extra to cover unexpected guests and glitches.

Goldberg's key piece of advice: Visualize the whole table—dinnerware, centerpiece, napkins, tablecloth, and chairs. Take advantage of the color and style range and coordinate the linens to the other pieces.

You can call BBJ Boutique Linens at 800/722-0126 outside Illinois; inside Illinois, call 708/329-8400.

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Better by Design

renting party goods

The rental business today is a distant and sophisticated relative of those dank and dusty places that were stocked with posthole augers and trailer hitches. Most cities today have at least one shop that leases china, stemware, napkin rings, serving dishes, and just about anything else you need for entertaining.

Martha Olson, General Manager of Tablescapes, a party rentals company in Chicago, says people rent party goods for a variety of reasons:

- To add to the number of place settings that are needed.
- To get a totally different look than they can achieve with their own china, such as black for Halloween or gold for New Year's Day.
- To give an updated look to their own tableware by adding charger plates or other contemporary accents.
- For special pieces that they may not own, such as champagne buckets, caviar spoons, or lobster crackers.
- For the convenience—rental dishes usually don't need to be washed before they're returned.

Most party rental businesses have a showroom set very much like a retail store sales floor. Olson suggests spending some time in the showroom to get ideas, see how the pieces work together, and examine the quality of the merchandise. The staff should be able provide tabletop design ideas and answer questions about setting the table and etiquette. Ask to see items that are in the inventory—not just on the floor—to discern the degree of wear. Finally, check the rental agreement for delivery charges, damage wavers, and replacement terms.

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✳ *Crocheted medallions ice the sides and top of a cake saver,* ***at right.*** *Done in thread, the lace is a medley of stitches and gold charms. Don't have a cake saver? Use a plastic one from the bakery atop a pretty cake stand, as we did. For crochet instructions,* *see page 106.*

by

Rebecca Jerdee

Buying information, see page 78



PHOTOGRAPHS: KING AU CROCHET DESIGN: NANCY HEARNE TEXT: LAURA HOLTORF COLLINS





table grace

✳ *More than pretty embellishments, these tabletop lamps with their custom-made shades cast the setting in a warm, rosy glow as lovely as any candlelight. To make your own, cut scalloped shades from parchment paper. Then, cut roses from special art papers in mottled and floral patterns. "Appliqué" roses onto the shades with acid-free glue, which dries clear and won't cause the paper to yellow.*

continued on page 106

Buying information, see page 78
Instructions for the lamp table design begin on page 109


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Why showcase your prettiest table pieces just for company? When the party is over, don't restack fine china inside a cluttered hutch or behind closed cupboard doors. Rather, lead a few favorite pieces from the table to the walls by way of a plate-rail promenade, and watch them strut their stuff. Here, salad-size plates spotlighting four different chair motifs get front-row seating. For more information, turn to Buying Guide, page 78.



table grace

CROCHETED CAKE COVER

Materials: Two 50-gram balls of No. 20 DMC Cebelia: white; JHB International charms: 14 snowflakes (No. 490), seven stars (No. 732), and seven moons (No. 310); size 10 steel crochet hook.

Instructions: *Crocheted cake cover fits a standard cake saver.*

MOTIF 1: **Rnd 1:** Ch 6, join with sl st in sixth ch from hook to form ring.

Rnd 2: Ch 1, sc in ring, (ch 10, sc in ring) 5 times, ch 10, sl st in starting sc.

Rnd 3: Sl st into ch-10 sp, ch 1, 11 sc in ch-10 sp, (11 sc in next ch-10 sp) 5 times.

Rnd 4: Sl st in next 6 sc, ch 1, sc in next st, (ch 9, sk 10 sc, sc in next sc) 6 times, end with a sl st in starting sc.

Rnd 5: (In ch-9 sp, sl st, ch 1, sc, hdc, dc, trc, **ch 5, sl st in fourth ch from hook, ch 1—picot made,** trc, dc, hdc, sc, ch 1, sl st, ch 5) 6 times, end with a sl st in starting sl st.

Rnd 6: [Ch 15, sl st in second sc, sl st in ch-5 sp, (ch 3, dc) twice, ch 3, sl st in ch-5 sp] 6 times.

Rnd 7: Sl st into first ch-15 sp, ch 1, [19 sc in ch-15 sp, ch 3, sl st into second ch-3 sp, **in same sp work (ch 3, dc) twice, ch 3, sl st—cluster made,** ch 3] 6 times, end with a sl st in starting sc.

Rnd 8: Sl st in next 8 sc, ch 6; i same sp work dc, ch 5, dc, ch 3, d ch 7, [* sl st in second ch-3 of cluste in same sp work (ch 3, dc) twice, c 3, sl st; ch 7 *, sk 9 sc; in next sc wor dc, ch 3, dc, ch 5, dc, ch 3, dc, ch 7 5 times, rep bet *s one time, end wit a sl st in third ch of starting ch-6.

Rnd 9: Sl st in each ch to center ch-5 sp; in ch-5 sp work ch 6, dc, c 5, dc, ch 3, dc; ch 9, [* in center ch- sp of next cluster work sl st, (ch 3, d twice, ch 3, sl st; ch 9 *, in next ch- sp work dc, ch 3, dc, ch 5, dc, ch dc, ch 9] 5 times, rep bet *s one tim sl st in third ch of starting ch-6.

Rnd 10: Sl st in each ch to cent of ch-5 sp, in ch-5 sp work ch 6, d

continued on page 108

Buying information see page 78; To order a Paper Lampshade Kit, see page 109


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Table Grace

continued from page 106

ch 5, dc, ch 3, dc, [* ch 7, sl st over ch-7 and ch-9 of previous two rnds, ch 7, in center ch-3 of next cluster work sl st, (ch 3, dc) twice, ch 3, sl st; ch 7, sl st over ch-7 and ch-9 of previous two rows, ch 7 *, in ch-5 center of next cluster work dc, ch 3, dc, ch 5, dc, ch 3, dc] 5 times, rep bet *s one time, sl st in third ch of starting ch-6. Fasten off.

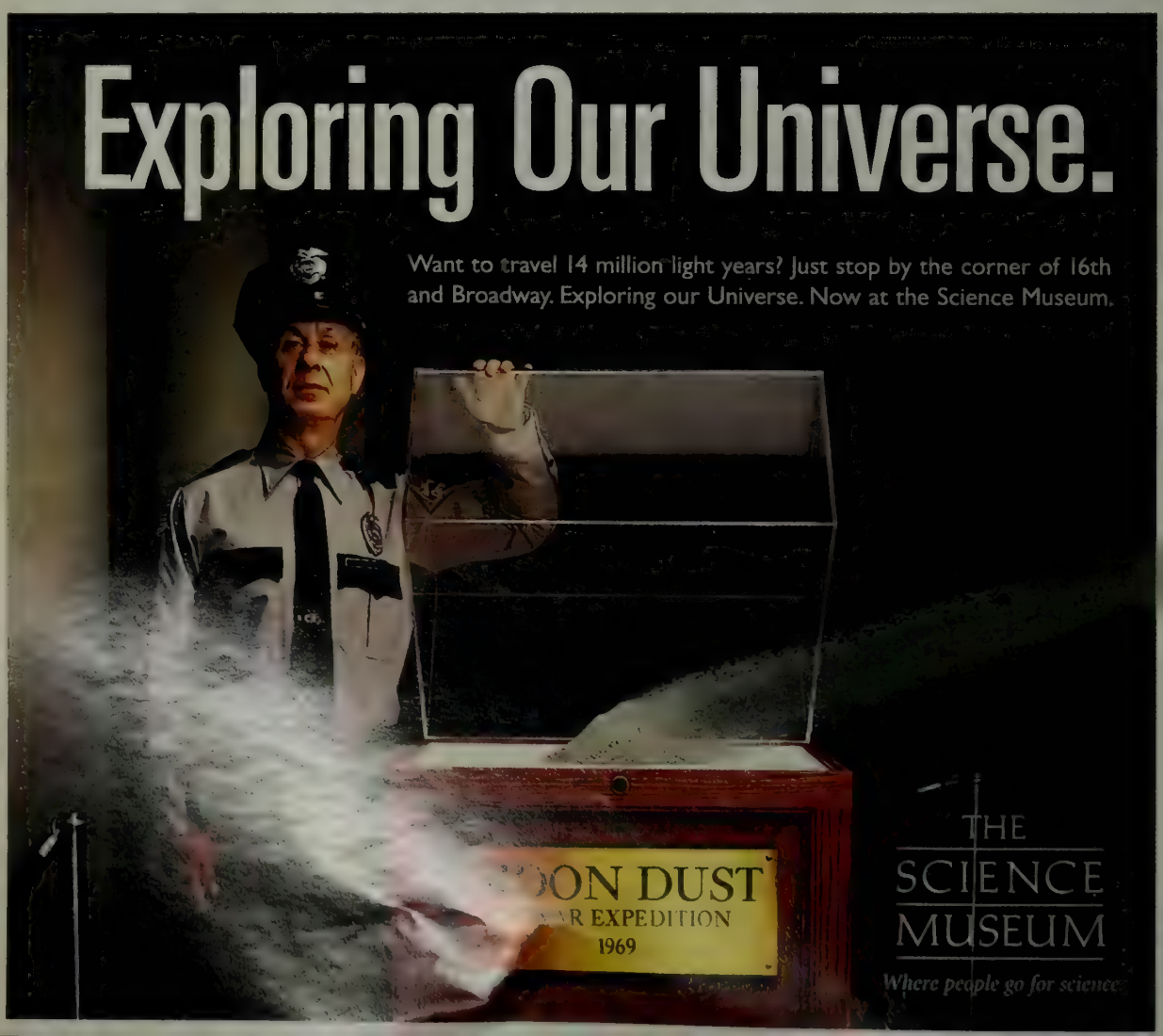
TOP MOTIF RING: Work three additional motifs through Rnd 9. Work Rnd 10, connecting each motif as follows: Sl st to center of ch-5 sp, in same ch-5 sp work ch 6, dc, ch 2, sl st in corresponding ch-5 sp of Motif 1, ch 2, dc, ch 3, dc; ch 7, sl st over ch-7 and ch-9 of previous two rows, ch 7, in center ch-3 of ch-3 cluster work sl st, ch 3, dc, ch 1, sl st in corresponding ch-3 sp of Motif 1, ch 1, dc, ch 3, sl st; finish Rnd 10. Skipping the ch-3 cluster of Motif 2 closest to the attached ch-5 cluster, connect Motif 3. Work Motif 4 as est, connecting it to motifs 3 and 1 and skipping the ch-3 cluster of Motif 3 closest to the attached ch-5 cluster of motifs 2 and 3. Top ring completed. Fasten off. There are four ch-3 (top) clusters facing the center of the ring. Set aside.

LOWER MOTIF RING: Make Motif 1. Work seven more motifs through Rnd 9. *Note:* Motifs will be connected to ch-3 and ch-5 sps as for Top Motif Ring. Work Motif 2, connecting first ch-3 and ch-5 sps to correspond with Motif 1, continue rnd, connecting center of last ch-3 cluster to center ch-3 (bottom) cluster of Top Motif Ring, finish rnd. Work Motif 3, skipping ch-5 sp of Motif 2 (next to the connection of Top Motif Ring and Lower Motif Ring) and connecting next ch-3 and ch-5 sps, finish rnd. Skipping top ch-5, ch-3, and ch-5 clusters of Motif 3, work Motif 4 the same as Motif 2, Motif 5 the same as Motif 3, Motif 6 the same as Motif 2, Motif 7 the same as Motif 3, and Motif 8 the same as Motif 2, closing ring as est.

ATTACHING CHARMS: **Top Motif Ring:** String one snowflake, one moon, one snowflake, and one star onto a separate thread. Sl st thread in one ch-5 sp below a joined (side) ch-3 cluster, ch 20, draw up a charm, ch 20 and sl st in corresponding ch-5 sp of next motif, fasten off. Rep for remaining three charms.

Lower Motif Ring: String * one snowflake, one moon, one snowflake, and one star. Rep from * until all charms are strung. Sl st thread in one joined (side) ch-5 cluster, ** ch 15, draw up a charm, ch 15

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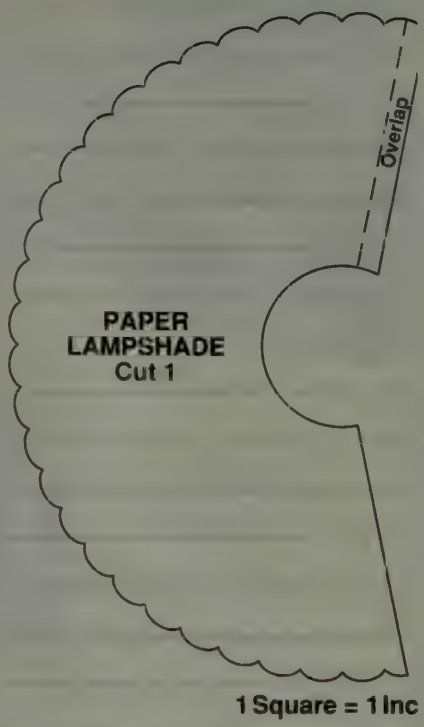
sl st in next ch-5 sp, ch 20, draw up a charm, ch 20, sl st in next ch-5 sp, ch 15, draw up a charm, ch 15, sl st in next ch-5-sp joining. Rep from ** around, join with a sl st to starting sl st; fasten off.

PAPER LAMPSHADE

Materials: 11×15-inch sheet of parchment paper for lampshade; botanical-print paper; acid-free glue stick (we used Pritt Brand).

Instructions: Enlarge the pattern, *right*, onto tracing paper; cut out. Spot-tape pattern to wrong side of lampshade paper. Trace around shape; cut out.

Cut flower and leaf motifs from print paper. Lay cut-out shapes, wrong side up, on a sheet of typing paper. Rub glue stick over motifs, starting in the center and working to the edges. Cover motifs with glue.



Place motifs onto shade. Lay a sheet of typing paper over the motifs, press and rub motifs in place. *Note:* Any glue that rubs onto the lampshade will dry clear and will not yellow the paper.

Overlap ends of lampshade; glue.

PAPER LAMPSHADE KIT OFFER

The paper shades shown on *page 104* sit atop candles using a small brass holder called a Candle Follower. In cooperation with Banar Designs, we have assembled a kit containing one brass Candle Follower and sufficient materials to make two paper lampshades (two 11×17-inch sheets of ivory-colored parchment paper, two sheets of botanical flowers paper, a full-size pattern for the shade, and complete step-by-step instructions). To order the kit, send $19.95 to: *Better Homes & Gardens®* Reader Shopping Service, Dept. 9511, Box 9128, Des Moines, IA 50306-9128. The price includes shipping, handling, and sales tax, if applicable.

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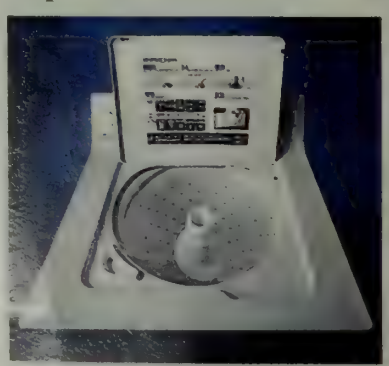
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Profi

We bring good th



home improvement contest

Eye-popping results flooded our mailboxes for weeks on end this spring when entries in our 1994 *Better Homes and Gardens®* magazine and NAHB Remodelors Council Home Improvement Contest rolled in. Poring over 7,100 entries kept us closeted for days, but we loved every minute! Here are three big winners. Watch for others in upcoming issues. (The top winner in each category is listed on *page 126*).





by Joan McCloskey, William L. Nolan, Steve Cooper, and Steven Greenhut



Light turns the gallery into a rite of passage, paving the floor with slabs of warm sunshine. French doors open from the kitchen and dining room.

home improvement contest

Daylighting Winner



Floor-to-ceiling glass in the gallery wraps around the corner to feed light directly into the new family room. French doors here and in the gallery provide easy access to the pool and the garden.



Jim and Jill Kaufman enjoy their family room with daughter Alanna and sons Jonathan (*left*) and Michael.

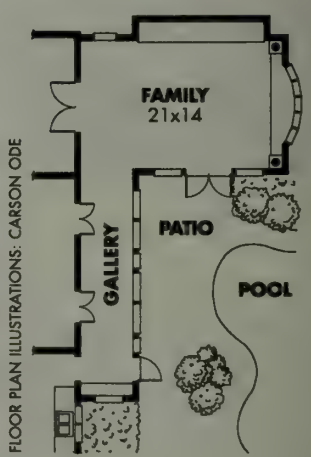
The Kaufmans, Bethesda, Maryland. Adding more room for family gatherings netted Jim and Jill Kaufman $1,000 for First Place in the Daylighting category. Their addition includes a sunny, glass-lined gallery that links the family room addition to the existing dining room and kitchen. Light fills the gallery through tall windows, transoms, and skylights; cased openings and French doors send it on into the dining room and kitchen. More windows and French doors and a transom-topped bay bring light directly into the family room. Vaulted ceilings and white trim throughout amplify the airy feel.

PHOTOGRAPHS: TOM ARLEDGE. ARCHITECT: AIFC CHOICE & ASSOCIATES, CONTRACTOR: NASSTRI DEVELOPMENT INTERIOR DESIGN: G.L. SMITH ASSOCIATES, INC. TILE: LUCIA. TILE: LENA LEYMAR

How about some sun with your Sunday brunch? A built-in bench stretches luxuriously across one end of the family room, curving gently into the garden beneath a transom-topped bow window. Columns in the corners provide elegant window dressing, letting the windows be bare.





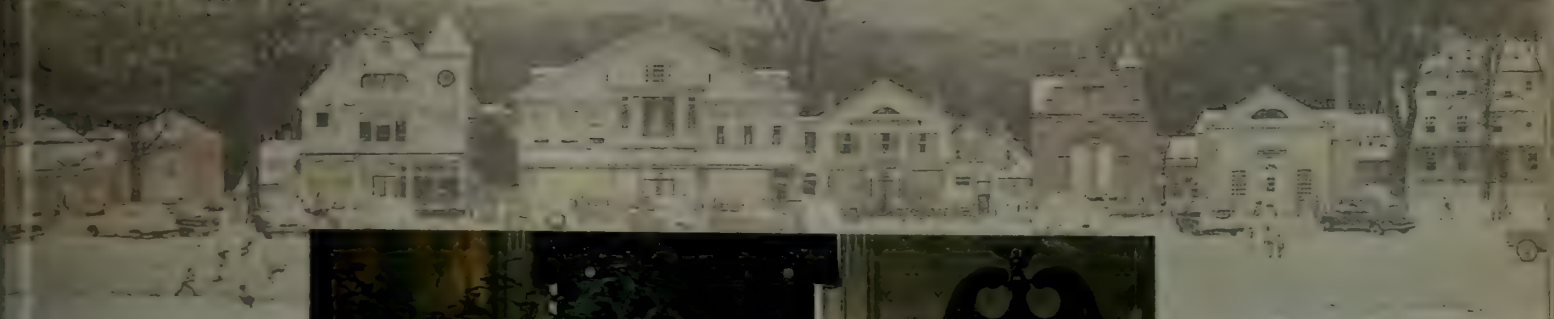


FLOOR PLAN ILLUSTRATIONS: CARSON ODE

The new spaces replace a seldom-used balcony and open up the main floor to the terrace and pool.

Buying information, page 7
continue

he Saturday Evening Post/Norman Rockwell Home Furnishings Collection



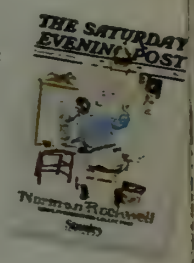
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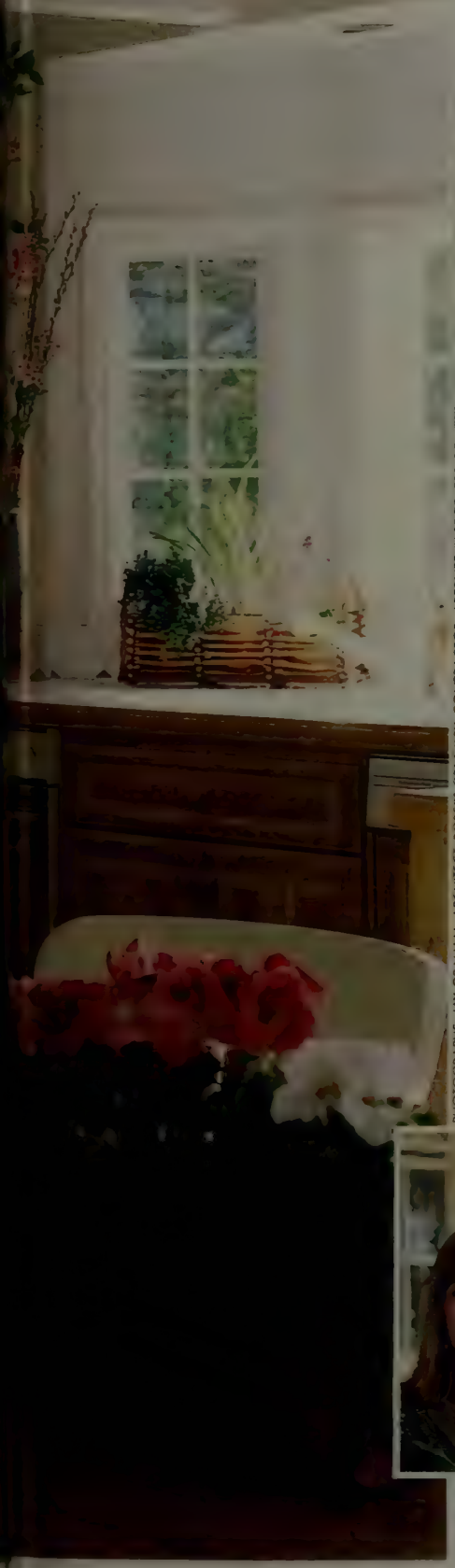


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The rear of the Leech home was extended by 16 feet to make space for the new kitchen. The bank of island doors opens onto dining-linen storage.



PHOTOGRAPHS, JAY GRAHAM. ARCHITECT ROBERT GREGORY. CONTRACTOR ABERNETHY BROTHERS CONSTRUCTION. REGIONAL CONTRIBUTOR HELEN HEITKAMP

home improvement contest

Kitchen Shape-Ups Winner



A bay window at the clean-up center, *above*, overlooks vineyards and grazing horses. Gale and Ian Leech, *below*, designed the interiors and lighting.



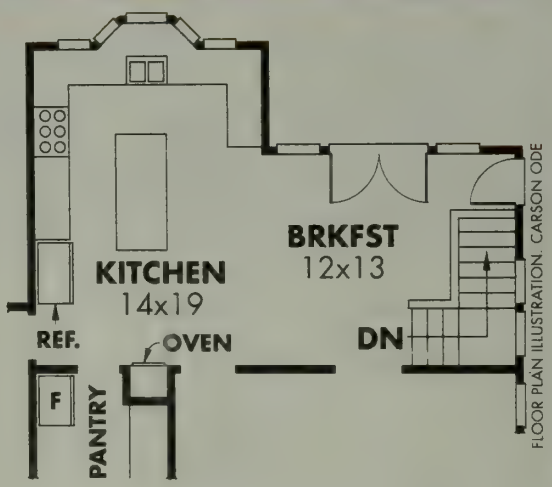
The Leeches, Napa, California. When Jarrett Leech first stepped into the dowdy kitchen of his parents' just-purchased home, he uttered one word: "More." Even at age 2, the critic-toddler was absolutely right. The kitchen needed more of everything: space, light, style, energy, appeal.

The Leeches and an architect were soon remodeling. The results won the couple $1,000 in our Kitchen Shape-Ups category.

The original kitchen, hardly bigger than a closet, opened onto a family room. A 389-square-foot addition eased the squeeze. Walls were moved to gain much-needed elbowroom, ample space for cabinets, and a casual eating area. The family room is still there, but it's been partially walled off so the two rooms are distinct.



The decorative scroll-work and tile designs from the cooktop area were echoed around the plate storage rack, *above*. The pantry, shown in the floor plan, *right*, occupies a former laundry room.



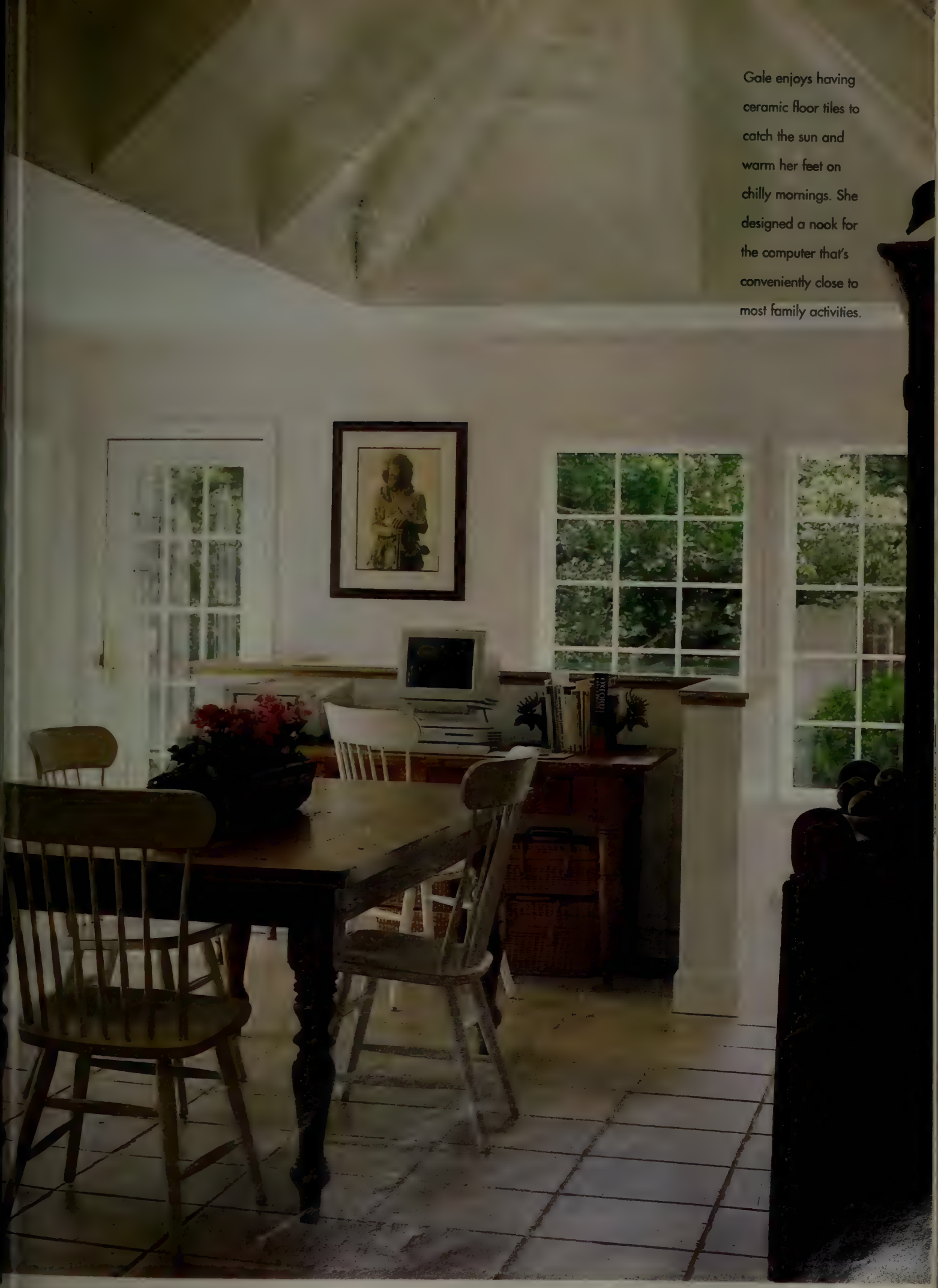
FLOOR PLAN ILLUSTRATION, CARSON ODE

As with many endearing designs, Gale's interior borrows from its broader environment. To create a kitchen with that rustic, yet refined, country spirit of the Napa Valley, she chose pleasantly detailed oak cabinets finished with a light whitewash. Work is transformed into fun with a commercial-style cooktop and other top-of-the-line appliances.

Massive ceiling beams remain open to view, just as the originals were before remodeling.

Buying information, page 78

continued



Gale enjoys having ceramic floor tiles to catch the sun and warm her feet on chilly mornings. She designed a nook for the computer that's conveniently close to most family activities.



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home improvement contest

Interior Remodeling Winner

Don English, of Mountain View, California, walked away with our $1,000 Interiors award because his renovation of a 1950s ranch house reflects the spirit of the original design. Like most ranches of the era, English's home is solidly built but suffered from terminal darkness, narrow hallways, and closed-in spaces. Rather than make major structural changes or opt for a costly addition, English opened up the rooms, widened doorways, enlarged windows, and replaced drab and dingy finishes with classic materials. The end result is a refreshing update on a humble but attractive architectural style. English gutted every room in the house, but he didn't alter the floor



Homeowner Don English uplifted a downtrodden 1950s ranch without making major—and costly—structural changes.





French doors, a large skylight, extensive downlighting, and cheery finishes set the living room aglow.







A small window in the shower brightens this once-dreary guest bathroom. New sand-colored fixtures, marble tile, and large mirrors also enliven the room.

plan. His work was extensive—ranging from renovating the kitchen and bath to rebuilding the fireplace surrounds and swapping windows and doors. Because English achieved such a transformation on a real-world budget ($40,000), he thoroughly impressed the judges. "Everyone is looking to do something special without spending a small fortune," English says. "And this is the type of house so many people own." We couldn't have said it better ourselves.



To make this modest, corridor-style kitchen feel brighter and roomier, English widened the doorway to the dining room, removed the peninsula, and added a bay in the eating nook.



English added French doors in place of the single window, then mirrored the wall behind the bed to expand this master suite's sense of space.

Buying information, page 78

Here Are Our Top Winners

Grand Award and Whole House Remodelings: Mike and Dede Speich, Milwaukee, Wisconsin.

Runner-Up and Outdoor Improvements: Jackie and Mike Ellerbusch, Cincinnati, Ohio.

Runner-Up and Restorations: Mark and Mary Graham, Independence, Missouri.

Kitchen Shape-Ups: Gale and Ian Leech, Napa, California.

Daylighting: Dr. and Mrs. James Kaufman, Bethesda, Maryland.

Additions: Joe and Carrie Bergs, Yorkville, Wisconsin.

Bathroom Remodelings: Dr. Ken Hillman, Hellertown, Pennsylvania.

Exterior Fix-Ups: Lance and Cindy Hubeny, Lincroft, New Jersey.

Interior Remodelings: Don English, Mountain View, California.



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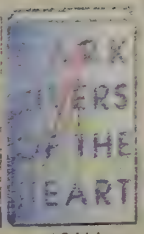
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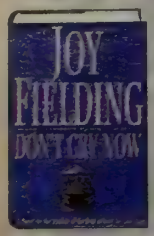
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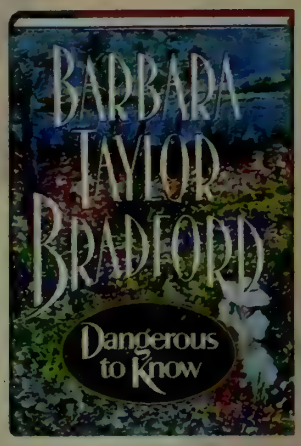
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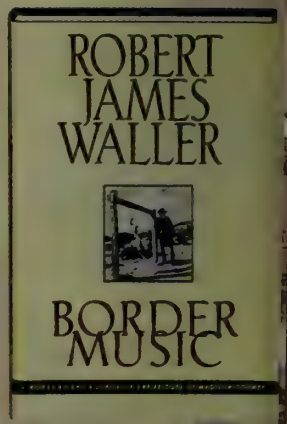


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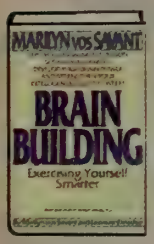
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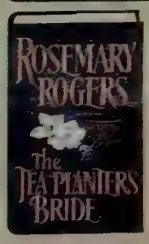
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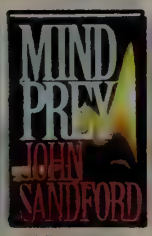
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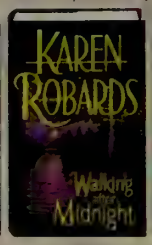
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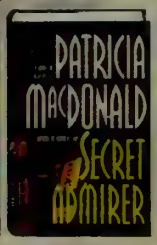
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*1412
~~$23.00~~ $13.75



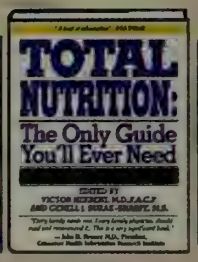
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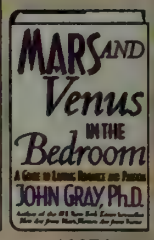
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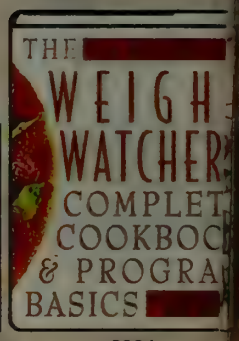
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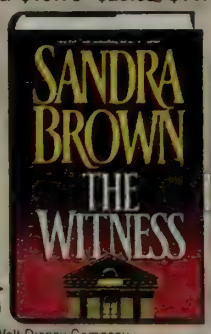
9464
Spec. Ed. $9.95



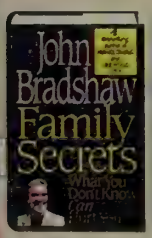
*9274
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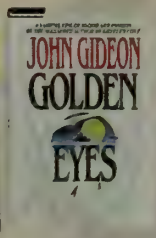
3384
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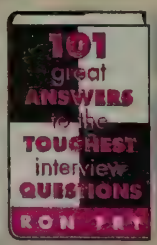
*5801
~~$21.95~~
$13.20



*6122
~~$23.95~~ $14.40



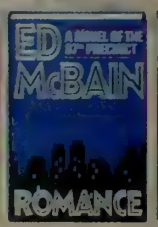
*3111
Spec. Ed. $8.95



6478
Spec. Ed. $8.95



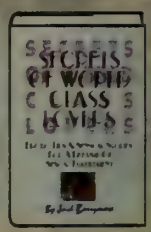
*7450
~~$22.95~~ $13.75



8714
~~$22.95~~ $13.75



*4713
Spec. Ed. $8.95



*7021
~~$19.95~~ $11.95



51
~~$18.00~~

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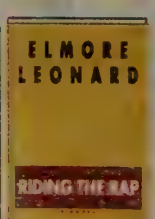
4473
Spec. Ed. $8.95



*6296
~~$22.50~~ $13.50



5579
~~$22.95~~ $13.75



*7583
~~$22.95~~ $13.75



1586
Spec. Ed. $8.95

*1420
~~$25.00~~
$14.95

7914
~~$22.50~~ $11.25

*†1610/9999
~~$29.95~~ $17.95

1271
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9605
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~~$30.0~~

377

Δ4481
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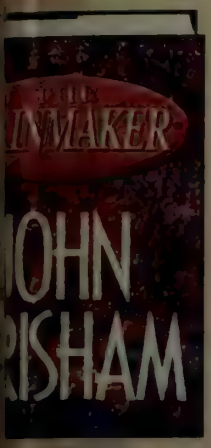
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9621
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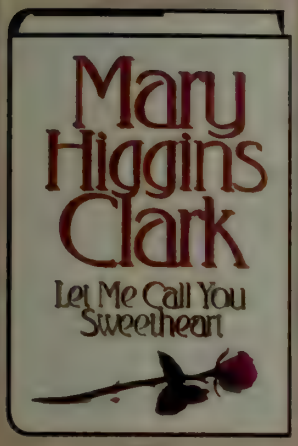
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†93
~~$40.0~~

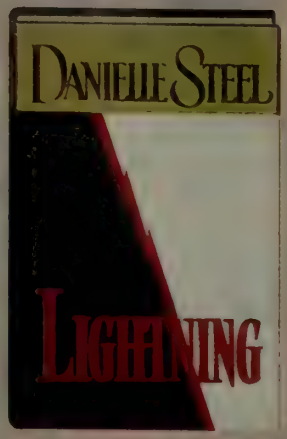
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2758
~~$24.00~~ $14.40



4010
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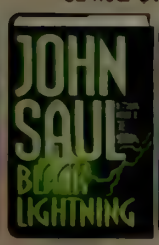




98
$14.40



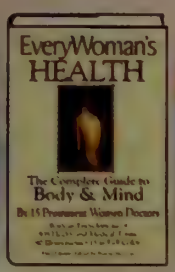
*8565
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*2063
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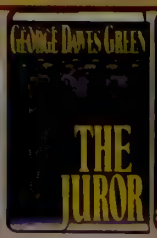
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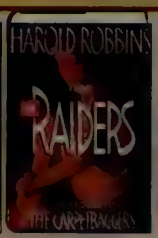
6379
Spec. Ed. $13.95



2147
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*5033
~~$21.95~~ $13.20



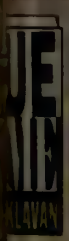
*8664
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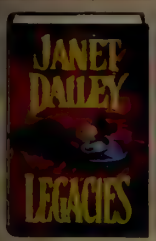
0398
Spec. Ed. $8.95



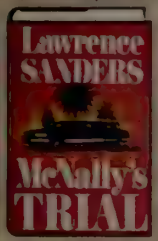
*1768
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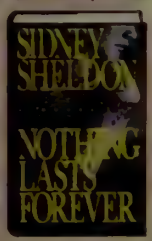
43
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3285
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*4796
~~$23.95~~ $14.40



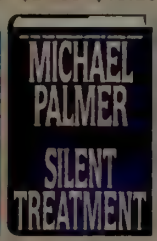
5405
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7153
Spec. Ed. $9.95



7609
Spec. Ed. $8.95



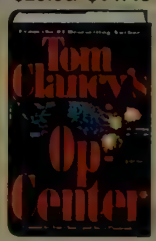
*3640
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6734
~~$22.95~~ $13.75



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Home Improvement Contest Winners

Three of the first-place winners in the 1994 *Better Homes and Gardens*®/NAHB Remodelors Council Home Improvement Contest are featured on *pages 111–126*. Here are the names of our merit and honorable mention winners. Congratulations for a job well done!

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GARY AND PAMELA FOUNTAIN
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JENNIFER GEHERIN
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MAX AND FLOYCE HARRISON
JOHN AND ROSEMARY HOBGOOD
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ROBERTA AND BERNARD WALTER
JIM AND TRACY WEBER
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DOUG WEINTRAUB
THERESA WILLIAMS
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ow Greatly Reduces Serious Risks to Your Health.



Carlton is lowest


Must be your lucky day.
ONEIDA
Pattern shown: Midn

by Denise L. Caringer & Rebecca Jerdee



get cozy

Rooms that wrap you in warmth

There's something about sweater weather that brings out the best in a room. Maybe we can't hibernate, but we can wrap up in a coat of warm color, take the chill off with rich textures, and nestle into furniture pieces designed to give a hug. Sure, you can redo a whole room, but, as you'll see, you also can paint a wall, add golden lamplight, or simply rearrange the furniture to make your favorite room especially snug this winter.

PHOTOGRAPHS: KING AU INTERIOR DESIGN: REBECCA JERDEE

"An' all us other children, when the supper things is done, we set around the kitchen fire an' has the mostest fun."—James Whitcomb Riley

Your kitchen may not have a fire, but you can have fun and relax with rustic, gather-round warmth.

• Slide in a tall china cupboard. With its height and interior light, a piece like this assumes the focal-point impact of a fireplace.

• Turn a corner into an irresistible dining nook with a ready-made booth. The paneled design adds "instant architecture," while plump cushions lend softness.

• Send new windows back in time, style-wise, with a cottage plate rail that includes pegs for curtain hanging. Here, the shelf visually knits the corner together and balances the height of the cupboard.

• Mix the seating. Clean-lined classics—the benches, a bow-back Windsor, and a web-seated Shaker high chair—blend easily.





"I'm pleased with
through the loop-
holes of retreat,
to peep at such a
world...and not
feel the crowd."

—William Cowper

Sometimes, it feels great to do the hermit thing, if only for an hour or two—and you can if you transform a den or guest room into a great escape.

- It may not be a magic carpet, but a sleigh bed can transport your psyche to faraway places just the same. Slide it near a window so you peek at the world from a perch of fat pillows and a plump comforter or feather bed. (*Hint:* For sofa-height lounging, use the mattress without the box spring.)
- Paint the walls for a warm glow no matter what the weather.
- For a cozy library feeling, built-ins shelves from floor to ceiling and around windows.
- Add beloved objects favorite books, or even such as ticking clocks, to give room comforting familiarity.





"Stir the fire... [illegible] round...and let us welcome peaceful evening in."

Take an English lesson and turn your living room into a serene spot for gathering by the fire with tea, toast, and good friends.

- Replace a coffee table with a higher, skirted tea table to turn your living room into a friendlier and more functional place for snacks and chats.
- Instead of lining your walls with seating pieces waiting-room-style, pull sofas and chairs in from the walls and anchor them with a lush rug.
- Use a floor screen to define a floating sitting spot and to add intimacy on chilly evenings.
- Bask not only in firelight but in lamplight, too. For middle-of-the-room lighting, have a floor plug wired, or use a candle lamp for a soft glow. Augment this with one or two other lamps both for reading and to provide a general glow.
- Relax a classic camelback sofa with a slouchy lounge chair and a bit of rattan, wicker, or twiggy willow.









"O attic shape! Fair attitude!"

—John Keats

Set tranquilly amid the treetops above the hubbub of the rest of the house, an attic makes a wonderful spot for a little attitude adjusting. If you aren't lucky enough to have such a lofty retreat, start with a four-poster to duplicate the toasty feeling of a low roof overhead.

• Create a room within a room by adding curtains to a four-poster bed. Or, mount rods on the ceiling and hang fabric to frame any bed. For a luxurious sitting spot, place a love seat against the footboard.

• Add a gentle "simmer" to naturally restful, but potentially chilly, blues with warm-hued fabrics. Here, red gingham, an outdoorsy bench, a painted park chair, and a cotton rug keep spirits bright and play up the summery look of beachy cabana stripes and garden florals.

• Pamper yourself with a slim skirted vanity teamed with a freestanding, shuttered mirror.





"You are a king by your own fireside, as much as any monarch on his throne."

Miguel de Cervantes

We can forgive Cervantes his sexism and appreciate the thought, if not his choice of words. King *or* queen, you can make the most of your majestic fireside in several ways.

- Let seating pieces, such as these high-back "shelter sofas," face off to form an island of warmth by the fire.
- Hinge old shutters as a screen to define one edge of this newly formed island and to lend a bit of charming antiquity.
- Settle back on seating pieces clad in easygoing wardrobe fabrics—brushed cotton, tweed, denim, or flannel-shirt plaid.
- Always at your service, movable traylike tables put snacks within reach.
- Natural wicker and wood add touchability and a neutral counterpoint to bold fabrics.
- Serene purple paint visually wraps a large room like a shawl.

Small comforts



Toasty touches for chilly days

1. **Warm your soul.** Why curse the darkness of winter evenings? Instead, think of them as a great excuse to settle back with book and candle. For drama, group several large candles together, varying their heights. Here, the candles form an eye-pleasing inverted triangle. For safety's sake, set candles on a fireproof surface and never let them burn when you leave the room.

2. **Feast your eyes.** It takes only a handful of bright blooms scattered among shimmering cobalt and green bottles to remind you of spring gardens and summer seas.

3. **Take a sentimental journey.** An oil lamp, a vintage-style lantern, fresh green apples, and a homespun tablecloth can warm your heart with reminders of Grandma's house.

4. **Walk on the wild side.** Reserve a little spot for your own miniature woodland of leafy plants. For fun, work in a dish garden of pebbles and blossoms set in a shallow, water-filled container, such as a glass pie pan.

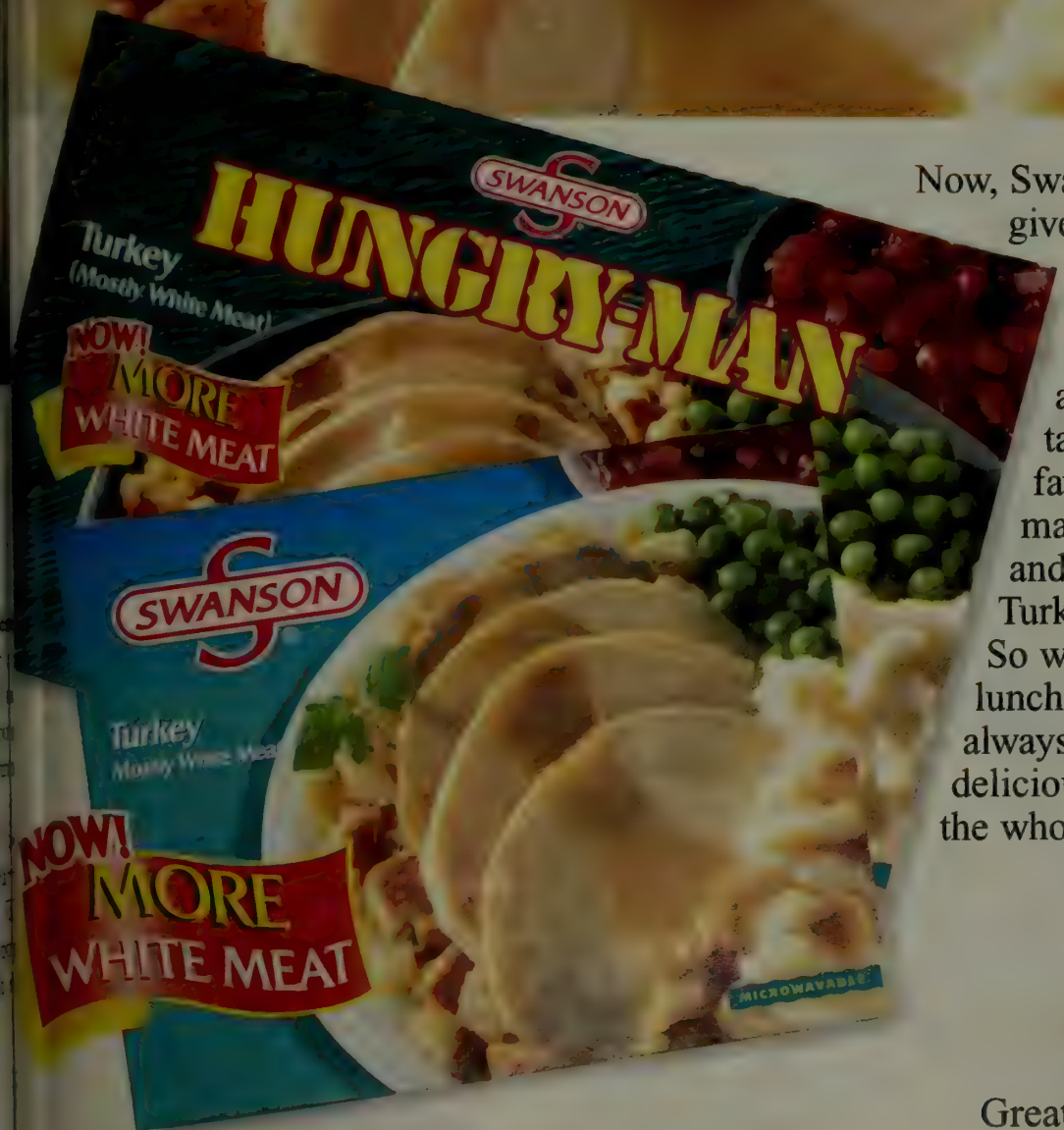
5. **Turn up the heat with glowing wood** A trio of small wooden chests or friendly family of clocks gathered c a tabletop or shelf can delight yo eye with a bit of rich color and vi tage patina.

6. **Settle back and relax.** A stack obliging pillows can turn an ordina sofa into a true winter haven. reenergize a plain sofa, mix snap striped fabrics with solids edged high-contrast welting.

Buying information, page 80

MORE WHITE MEAT TURKEY



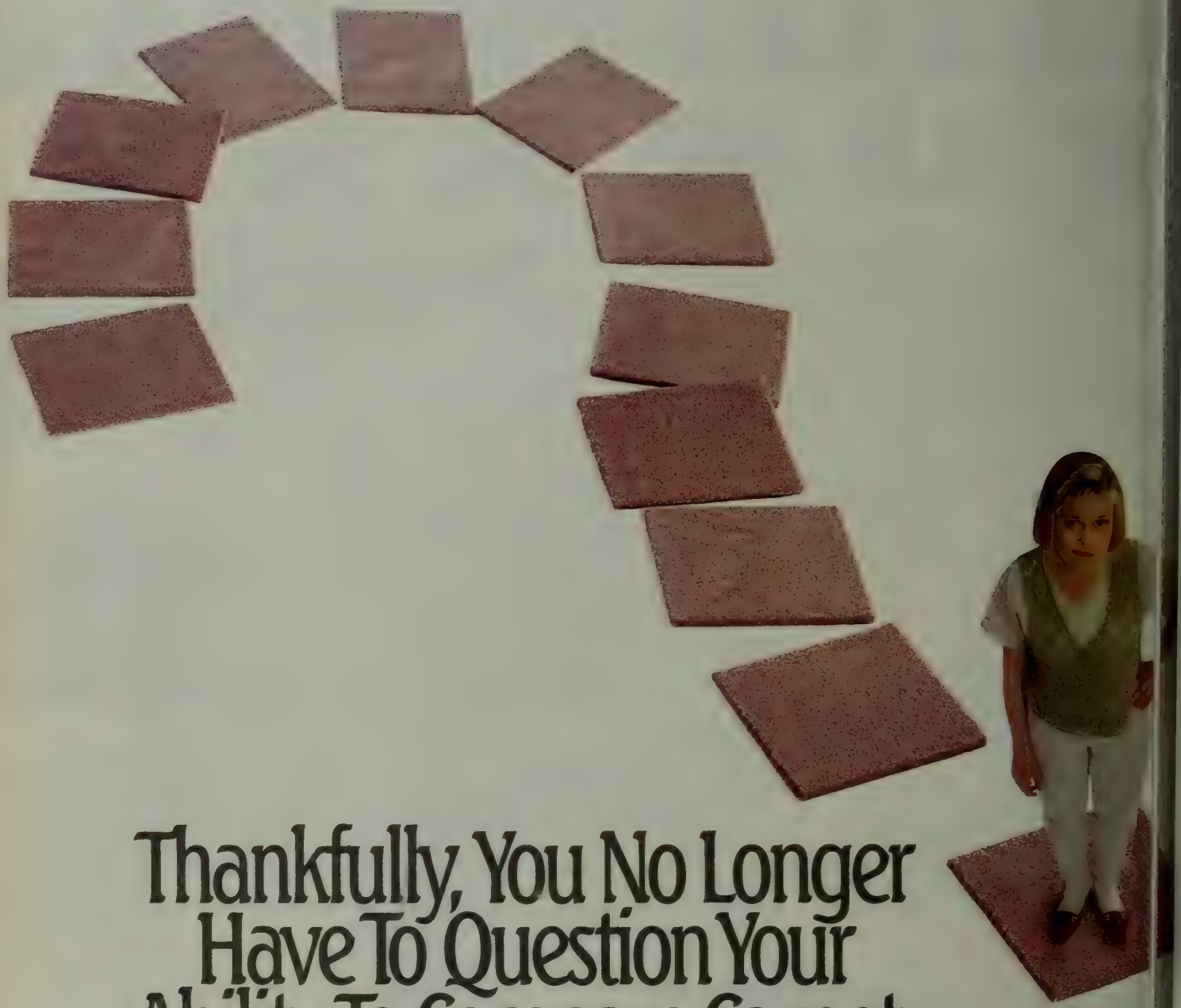


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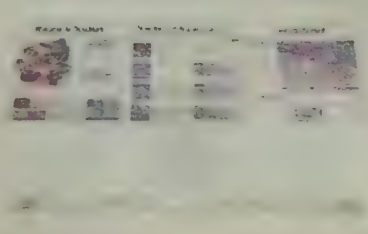
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for the

birds

by Julie A. Martens



A birdhouse perched atop a pole becomes a tasty banquet for birds on the wing when it's decorated with delicacies from nature's pantry. Corn, sunflower seeds, and raisins adorn the miniature twig wreath leaning against the birdhouse. A slice of a sunflower seed head and clusters of wheat, millet, and milo spruce up the pine-entwined post and bench.

Invite more than family home for the holidays this year—unfurl a welcome mat for the birds with a beak-pleasing buffet of outdoor decorations. We have gathered seeds and fruits that are guaranteed to tempt the finickiest songsters to stop for a nibble. Copy one of our seasonal wreaths, swags, and window boxes, or use the ideas to inspire your own warbler-worthy creations. You could even pair a wreath with a bird identification guide for a handmade holiday gift.

for the birds



There are perches aplenty in a branch-filled window box overflowing with treats for hungry songbirds. Balsam, yew, and gold-tipped cedar branches form an evergreen nest for suet- and peanut butter-coated pinecones, sunflower seed heads, alderberries, and luscious red rose hips. Blue-berried juniper branches add yet another scrumptious flavor to the menu. Tiny Lady or Christmas apples are a traditional favorite both in holiday festivities and on youthful palates. Hang apples from a tree by pushing a wire up through the fruit and hooking it over a twig.

You'll turn a backyard tree into a four-star restaurant for feathered friends when you deck the roots with a ... pinecones, breads, stems, and ... bandages, pyr... make: simply wire ...



Birds will reap a harvest of seeds when you replace summer's window box blooms with a crop of wheat. To "plant" wheat, partially fill a window box with sand. Gather wheat stalks into bundles, tying the stems together tightly. Shove the sheaves into the sand, adding more sand around each clump to keep the wheat upright. Trim the window box with a milo-millet-wheat garland created by wiring the stems of the three grains together.



for the

birds

Your yard will be famous for gracious, bird-beckoning hospitality when you festoon a fence and gate with decorations sprouting avian appeal, *left.* The wreath on the gate, *below,* is a show-stopper, mingling flowers and fruits in a warm holiday welcome. A balsam fir wreath serves as the base, with a blueberry twig wreath wired onto it. The shades of bright red rose hips and yellow sunflower heads are echoed in Lady apples and ears of cow corn. Sprigs of millet and wheat tucked into the wreath supplement the bird buffet. A burlap bow completes the natural look.

The colors of Christmas never looked lovelier than when presented in Mother Nature's finest: garlands of green princess pine and jolly red bunches of rose hips, *right.* The garland uses princess pine as a base with short swags of cedar, hemlock, and juniper wired on. The star-shaped birch-bark boxes are hung from small nails placed at appropriate heights along the length of the garland.





for the

birds

Oranges and Christmas stockings go hand in hand, but try using this fruit in an unexpected way on a fanciful wreath that's the very essence of a bird's sugarplum dreams. Red-bellied woodpeckers, mockingbirds, Baltimore orioles, and tanagers are just a few of the songsters who can't resist these fresh citrus slices—any time of the year. Birds may not be brave enough to sample the oranges on a front-door-mounted wreath, so make two: one for your door and one for a tree, gate, or fence in the yard.





Gather the materials to make an orange-slice wreath: a grapevine wreath, several navel oranges, a knife, rose hips, hemlock boughs, wire, clippers, and florist's picks. You can find grapevine wreaths, wire, and florist's picks at a crafts store. Our wreath uses rose hips, but you can substitute alderberry, bayberry, or juniper branches.



Cut hemlock greens into small pieces and place on grapevine wreath. Wrap wire around hemlock stems and wreath, pulling wire taut to keep greens in place. Wire sprigs of rose hips over the hemlock. Continue wiring hemlock greens and rose hips to wreath, working section by section until grapevine is not visible.



Cut oranges in halves, quarters, and slices and position the pieces on the wreath in an eye-pleasing design. Stick a florist's pick into each orange section, and then push the other end of the pick into the grapevine. Birds will eat only cut oranges so place the pulp side facing out. Replace eaten oranges with fresh ones.

Buying information, see page 81. To order edible treats for birds or a book on gardening to attract wildlife, see page 162.



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gardener's almanac

NOVEMBER 1995

Feed the birds

Birds of a feather will flock together when you offer their favorite foods. As the short days of fall lull nature to sleep, forage grows scarce. If you set out a feeder, you'll draw a crowd. You can start simply: a platform spread with seeds will attract cardinals, jays, juncos,



and doves. Or, you can install a traditional peaked roof feeder with a seed hopper. One refill lasts for days, the seeds stay dry, and you'll expand your yard's warbling chorus to include chickadees, titmice, and colorful finches, above. Once you befriend the birds, you'll only need to keep feeders well-stocked to ensure a winter-long show of wings and whistles. For ways to decorate the winter garden and feed birds at the same time, see *page 149*

—by Mark Kane and Julie A. Martens



Seasonal delights. Surprise your favorite gardener this holiday season with a garden bench—a gift that brings the comforts of home to the great outdoors. Purchase seats made from wood, wicker, or wrought iron, and you'll be giving furniture that can last a lifetime. If your garden is comfortably outfitted with seating, the gardener on your list will welcome hand tools, small statues, handmade plant markers, birdhouses, or unusual containers.

TEST GARDEN TIP

Mulch mania. Once the ground cools in late fall, it's time to apply a winter mulch, says Phyllis Cole, our Test Gardener in Massachusetts. "Winter mulches protect plant roots from heaving during midwinter thaws," she explains. Phyllis spreads a 2- to 3-inch layer of pine needles on her bulb and perennial beds. Do not pack mulches down; they need to let air reach the frozen ground. Other great mulch choices include compost, shredded bark, or shredded leaves.

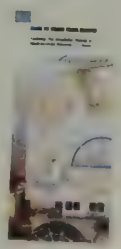


continued on page 158



HOW JIM BRANDENBURG LOOKS AT THE WORLD.

At his home near the Canadian border in northern Minnesota, award-winning nature photographer Jim Brandenburg photographs wolves right from his window. What kind of windows give him the wide, expansive views he needs yet are still tight enough to seal out the bitter cold and strong, winter winds? Jim Brandenburg has Marvin windows. To learn more about the windows that are as efficient as they are beautiful, call 1-800-346-5128 (1-800-263-6161 in Canada) or mail the coupon for a free brochure.



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Gardener's Almanac

continued from page 157



Holiday Miracle Roses.

The roses that brighten your home this winter can also brighten the lives of homeless children. When you buy a miniature red Miracle rose from Harry and David or Jackson & Perkins, $5 goes to The Better Homes® Fund, which supports early education in Kidstart programs nationwide. The Harry and David rose arrives in a white ceramic cachepot (*above*), $34.95, or a painted basket (*inset*), $24.95. The Jackson & Perkins rose (*right*), $24.95, comes in a galvanized cachepot with a cuddly gardening bunny. To order, call Harry and David at 800/547-3303 or Jackson & Perkins at 800/325-5345. ⌂



Buying guide on page 1

Celebrate Christmas with Mickey and his friends at...

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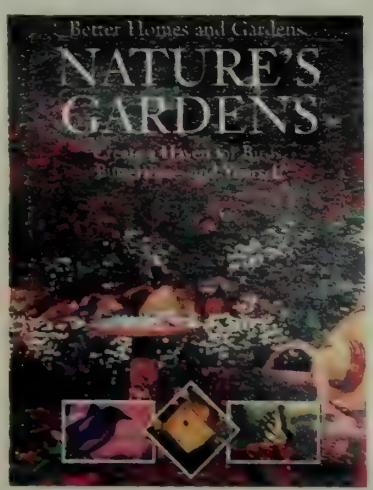
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Treats for Our Garden Friends

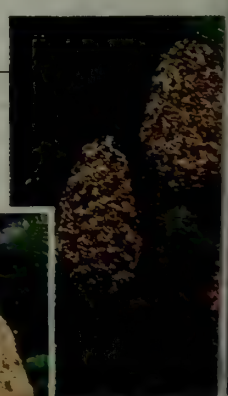
Looking for new and creative ways to bring wildlife friends to your garden? Try our new *Better Homes and Gardens*® book or these other products offered by special arrangement with Gardener's Supply Company. All were specially selected for our readers.

Better Homes and Gardens **Nature's Gardens** ($29.95) combines ideas, inspiration, and practical information about gardening to attract wildlife. The book teaches how to create a complete environment and will give gardeners confidence in successfully making gardens to attract birds and butterflies. The 192-page hardcover book features 180 lavish color photographs and illustrations, a detailed portfolio of plants that attract wildlife, and garden plans.





This handmade **Sunflower Wreath** ($21.95) is a nutritious treat for our feathered friends. Made from a whole sunflower head and garnished with milo, cracked pecans, wheat, and millet, it measures about 7 to 8 inches in diameter.



Decorate your trees with these treats. The **Wild Bird Seed Cones** ($15.95 per set of three) are 5-inch loblolly pinecones covered with a mix of seeds for birds. **The Birdseed Ornaments Set** ($25.95) includes four wooden shapes (each about 3×3 inches) covered with millet, cracked corn, and sunflower seeds.

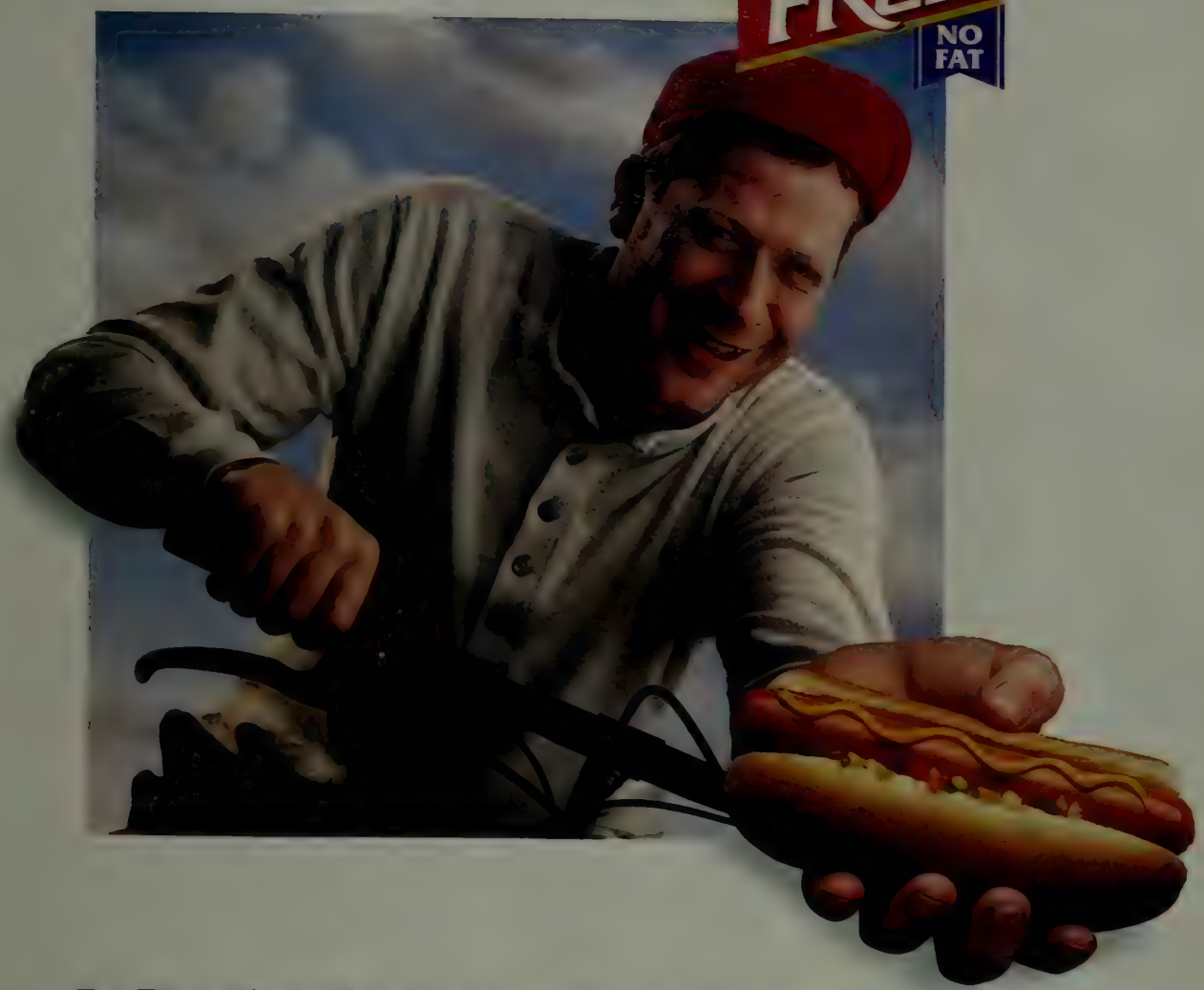


TO ORDER

Call *Better Homes and Gardens* Reader Shopping Service at 800/381-4066 to order with your Mastercard, Visa, or American Express card. To order by mail, make a list of the item(s) you desire and calculate the total amount from the prices shown above. Then mail your list along with a check or money order for the total to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9511, Box 9128, Des Moines, IA 50306-9128.

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HOLIDAY BEEF RIB EYE ROAST – 1 HOUR 50 MINU

4 pound well-trimmed beef rib eye roast	Sauce:
2 cloves garlic, crushed	1 jar (12 oz) brown bee gravy
1 tsp salt	¼ cup currant jelly
1 tsp cracked black pepper	1½ tsp dry mustard, dissolved in 1 tsp water
1 tsp dried rosemary leaves, crushed	

1. Heat oven to 350°. Combine garlic, salt, pepper and rose press evenly onto roast. Place on rack in shallow roastin Insert meat thermometer so bulb is centered in thickest pa resting in fat. Do not add water or cover. Roast approx. 18 minutes per pound for medium-rare to medium doneness
2. Remove roast when thermometer registers 140° for mediu 155° for medium. Let stand 15 minutes. (Temperature wi tinue to rise to 145° for medium-rare, 160° for medium.)
3. Meanwhile in small saucepan, combine sauce ingredients over medium heat 5 minutes or until bubbly, stirring occasi
4. Carve roast into slices. Serve with sauce. 8 to 10 servings.

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BEEF

IT'S WHAT'S FOR DINNER.®

Our Best RECIPES

This month, you'll find:

Thanksgiving: Delicious Traditions p. 168

Gifts of Good Taste p. 176

Readers' Prizewinning Recipes
Nutty Desserts, Best-Ever Fish and Seafood p. 255

Holiday Timesavers p. 184

New Turkey Roasting Guide p. 235

Ginger Pumpkin Bisque p. 192

Thanksgiving

delicious traditions

by Julia Malloy

Year after year, the same cherished recipes appear on our Thanksgiving tables. Perhaps a favorite was first found tucked away in Great-Grandma's recipe box; another might have been a discovery from a distant horizon. No matter how or when your family adopted them, these dishes are the delicious rituals that shape our holiday memories.

Not all families share the same traditions or recipes. To illustrate how delightfully different Thanksgiving foods and customs can be, we've gathered a few dishes from special places that celebrate this most American of feasts. Deeply rooted in heritage, these recipes have nourished countless families for generations. They're the perfect way for you to add something new to your celebration, while serving the comfy, familiar dishes. Try one, two, or even more this year, and be ready to embrace some of these delicious traditions as your own.

Menu

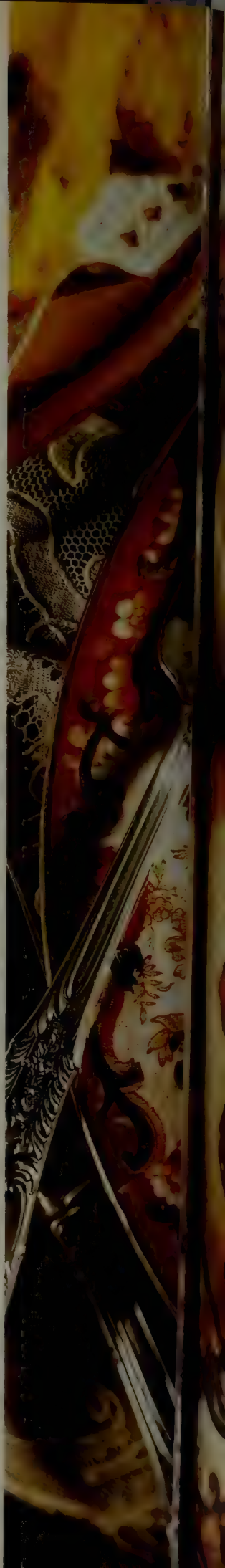
Roast Turkey with Chestnut-Cornbread Stuffing
The Chadds Ford Historical Society, Chadds Ford, Pennsylvania

Ginger Cranberry Relish
Lords' Proprietor's Inn, Edenton, North Carolina

Turnip Sauce
Old Sturbridge Village, Sturbridge, Massachusetts

Beehive Pumpkin Bread
Union Oyster House, Boston, Massachusetts
The Chadds Ford Historical Society, Chadds Ford, Pennsylvania

Recipes begin page 171







Thanksgiving

delicious traditions



Pork Crown Roast with Pepper Stuffing

Lafitte's Landing, Donaldsonville, Louisiana

Sprinkled throughout this Thanksgiving collection are specialties from historic inns—recipes such as the creamy seafood chowder (*at left*), which has roots in Revolutionary times. Others have been handed down through generations of ancestors who brought recipes with them to the New World. But tried-and-true Thanksgiving recipes needn't trace back to Colonial days. They may spring from your grandmother's time, when more modern conveniences made cooking a pleasure, a calming labor of love. Whether from Grandma's day or earlier, the common thread linking these beloved recipes is their tie to tradition and folklore.

Recipes begin on page 198
Buying information, page 78


Shaker Lemon Pie
Shaker Village of Pleasant Hill, Kentucky
Common Biscuits
Deerfield Inn, Deerfield, Massachusetts
Peanut Pumpkin Pie
Weaver family, Paoli, Pennsylvania

Thanksgiving

delicious traditions



Maids of Honor

The National Colonial Farm, Accokeek, Maryland

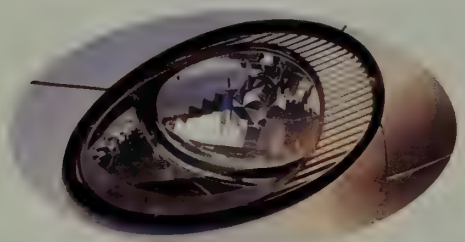
Honey-Apple Pie

Salem Cross Inn, West Brookfield, Massachusetts

Recipes begin on page 202

THE NAME CREATES HIGH EXPECTATIONS. THE CAR EXCEEDS THEM.

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Every element in the new Taurus is unified by a common design theme.



This creates a purposeful pattern that shows itself in every graceful curve.

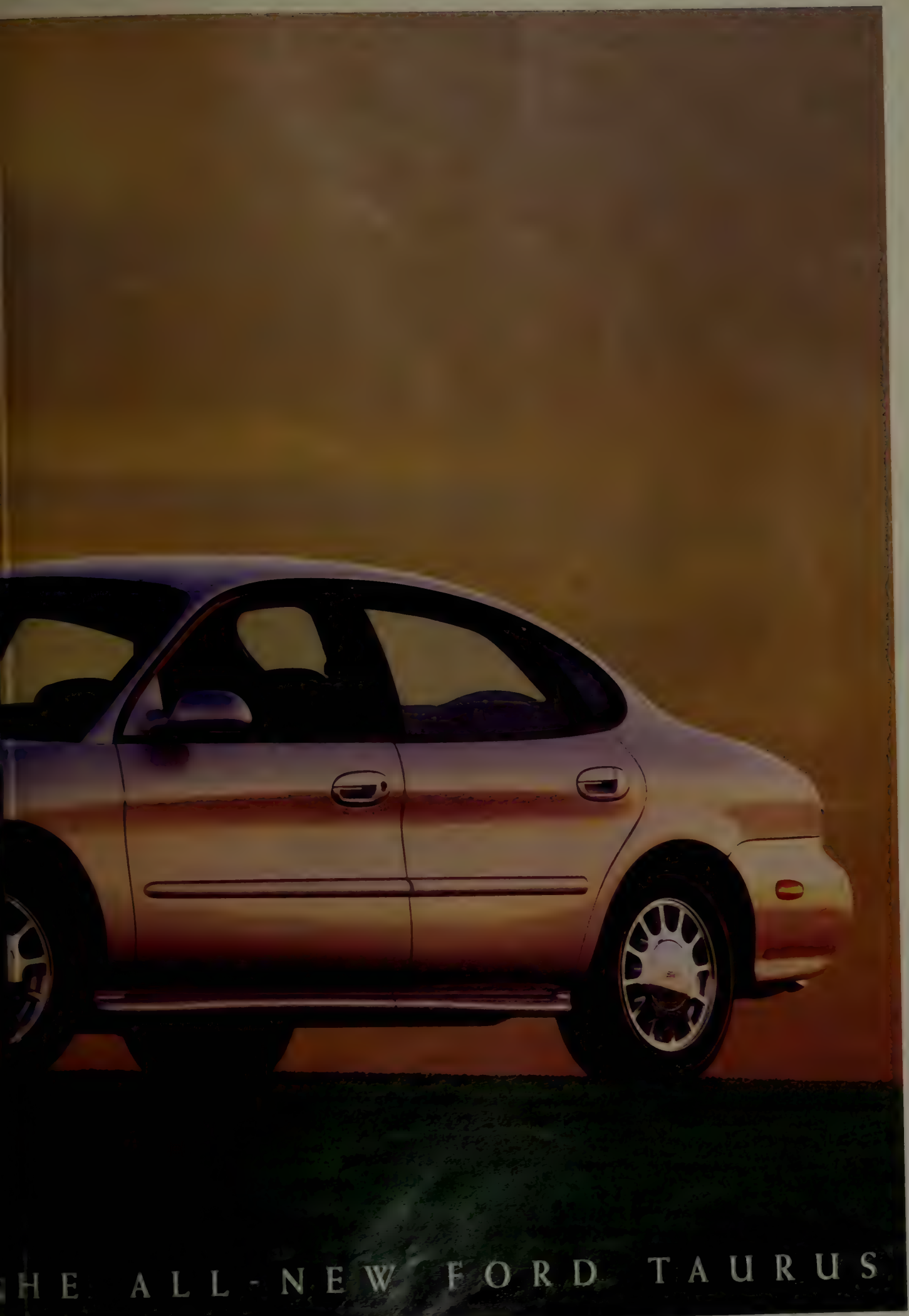


The result, a design so unique, it could only go by one name...Taurus.

Ford

HAVE YOU DRIVEN A FORD LATELY?




HE ALL-NEW FORD TAURUS

by Joy Taylor

gifts of good taste

'Twas the month before Christmas and all through the mall, the shoppers were weary and ready to fall. But not you! This weekend, turn on some holiday music and spend a cozy time in the kitchen preparing homemade gifts that spread the spirit of the season.



berry red, spirited white

Good cooks worth their salt will welcome a bottle of homemade vinegar. These two flavors, Cranberry and Rosemary Wine, on improve with age. Look for decorative decanters in mail-order catalogs or purchase them in cookware stores.



santa's reward

Come Christmas Eve, set out a plateful of Hazelnut Crinkle Cookies. Santa, like everyone else, won't be able to resist.

sugar plums

You'll be tempted to nibble away at this sweet sensation, but remember that this creamy Peanut Butter Fudge is meant for friends. Perhaps mix an extra batch to keep?

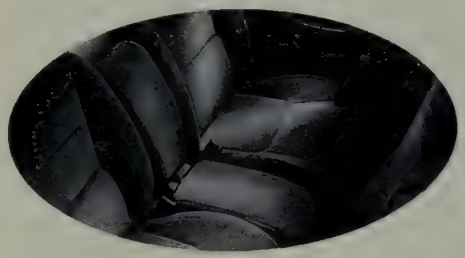


PHOTOGRAPHS: ANDY LYONS AND SCOTT LITTLE FOOD STYLISTS: JENNIFER PETERSON AND JANET PITTMAN

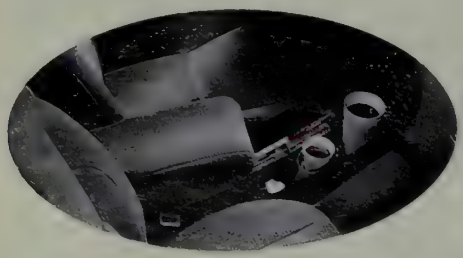
Recipes begin on page 213
continued on page 180

SOFT TO THE TOUCH, QUIET TO THE EARS AND EASY ON THE EYES.

You're safely surrounded by side-impact beams, a steel safety cell and standard dual air bags. You're comfortably surrounded by supple surfaces and the quiet sound of quality. And you're beautifully surrounded by driver-friendly technology.*



Taurus LX has standard bucket seats with available leather seating surfaces (shown right), while Taurus GL offers plenty of room for up to six adults...



...with the patented 3-way flip/fold console seat that changes into a convenient storage area for tapes, cups or a phone.



Handy split-fold rear seats offer extra cargo room when you need it.

HAVE YOU DRIVEN A FORD LATELY?




*Always wear your safety belt.
HE ALL-NEW FORD TAURUS

continued from page 177



wintergreen dreams

Two favorite holiday flavors—chocolate and mint—marry in this heavenly cookie. Each tender wedge of Double Chocolate-Mint Shortbread is drizzled with light and dark icing, then topped with crushed mint candies.

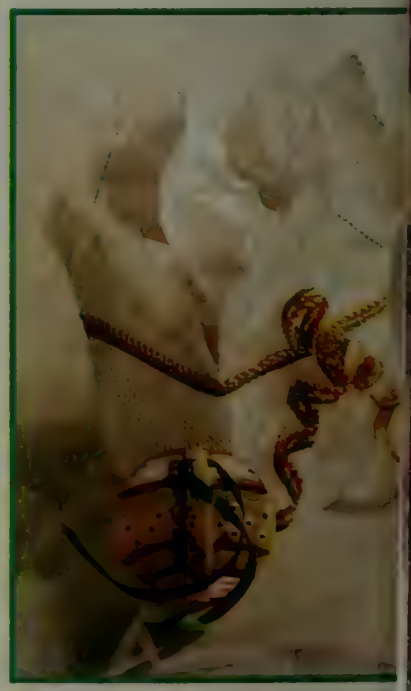
Recipes begin on page 216

tree trimmings

Gather your family for an afternoon to decorate three-dimensional Sugar Cookie Ornaments. Thread satin ribbons through each ornament, then let your family choose to sample them or hang them on the tree.

ribbons and lace

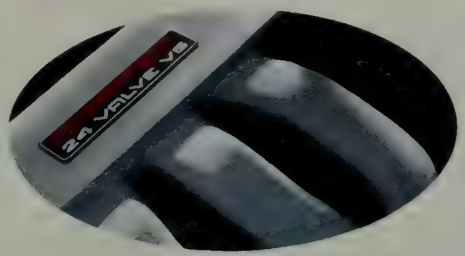
Beautifully protect each 3-D cookie in gaily wrapped ornament boxes. Cover any plain box with festive paper, lace doilies, and bright ribbons, then cushion your cookie ornament with tissue papers. For an extra baker's touch, tuck cookie cutters in the box, too.





IT'S QUICK WHEN THE LIGHT TURNS GREEN, SURE WHEN THE ROAD TURNS FAST.

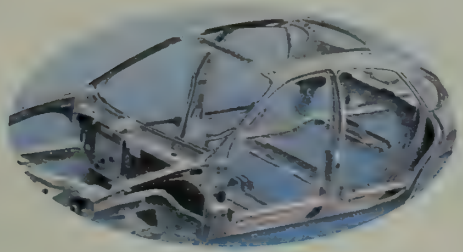
The new 24-valve, DOHC Duratec V-6 combines responsive power with responsible fuel efficiency. A new electronic transmission shifts smoothly and quietly. And a new suspension gives you confident control. This is performance fueled by innovative ideas.*



*All Taurus engines can go up to 100,000 miles with virtually no maintenance other than routine fluid and filter changes.***



An all-new suspension system offers exceptional handling and precise steering without sacrificing a smooth, quiet ride.



Handling is further enhanced by the rigidity of Taurus' safety cell construction, which also helps protect passengers.

Ford

HAVE YOU DRIVEN A FORD LATELY?




HE ALL-NEW FORD TAURUS

Holiday TimeSavers

From the *Better Homes and Gardens*® Test Kitchen

It's the merriest, and busiest, time of the year. To help you streamline some of your holiday cooking, our Test Kitchen pros offer these time-wise ideas. Each cooking tip is a proven winner, and will help you and your family find more magical moments in the festive month ahead. *by Joy Taylor*



EASY-USE INGREDIENTS WE CALL (AGAIN AND AGAIN:

- Nonstick spray coating: forget th mess of greasing pans.
- Seasoning blends: one sprinkle adds a dose of good taste. Try Italian and pasta seasonings, Caj seasoning, peppery blends, fajita seasoning, pumpkin pie spice, fiv spice powder, and salad seasonii Many are available salt-free.
- Minced garlic: buy it in a jar an give thanks. ½ teaspoon = 1 clov
- No-cook pastas: you'll love the convenience of boil-less lasagna noodles, ramen noodles (break i salads and the dressing softens them), and oriental rice noodles soak in warm water).



'TIS THE COOKIE SEASON

- Any cookie dough (except macaroon types and brandy snap types) can be refrigerated for a few days or frozen fo months. Shape drop cookie doughs into small balls before freezing, then bake as usual. Wrap slice-and-bake doughs in baker's-dozen portions; let frozen logs stand at room temperature a fe minutes before slicing.
- Bake two cookie sheets at one time. Simply switch the position of the baking sheets once durin baking, and make sure the bottom rack isn't at the very bottom of the oven. (Also, always put fresh cookie dough on a cooled, not hot, sheet.)

Kitchen Gadgets We Love



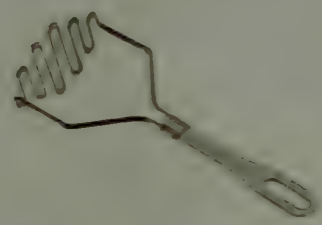
ICE-CREAM SCOOPS
They're great for spooning cookie dough onto baking sheets.



JAR OPENER
Why wreck your holiday manicure fighting lids? This one adjusts to various sizes.



POWDERED SUGAR SHAKER
Quickly decorate cakes and cookies with a shake of the hand. Forget about sifting.



POTATO MASHER
Think beyond spuds and use it to mash fruits for baking (such as for banana bread).



KITCHEN SHEARS
Grab a pair for quick snips of fresh herbs and dried fruit or to cut up hot pizzas and bread doughs for rolls.



FLUTED PASTRY WHEEL
Use this rolling cutter whenever you might use a knife to festively cut sweet or savory doughs or pastries.

THE BIG CHILL

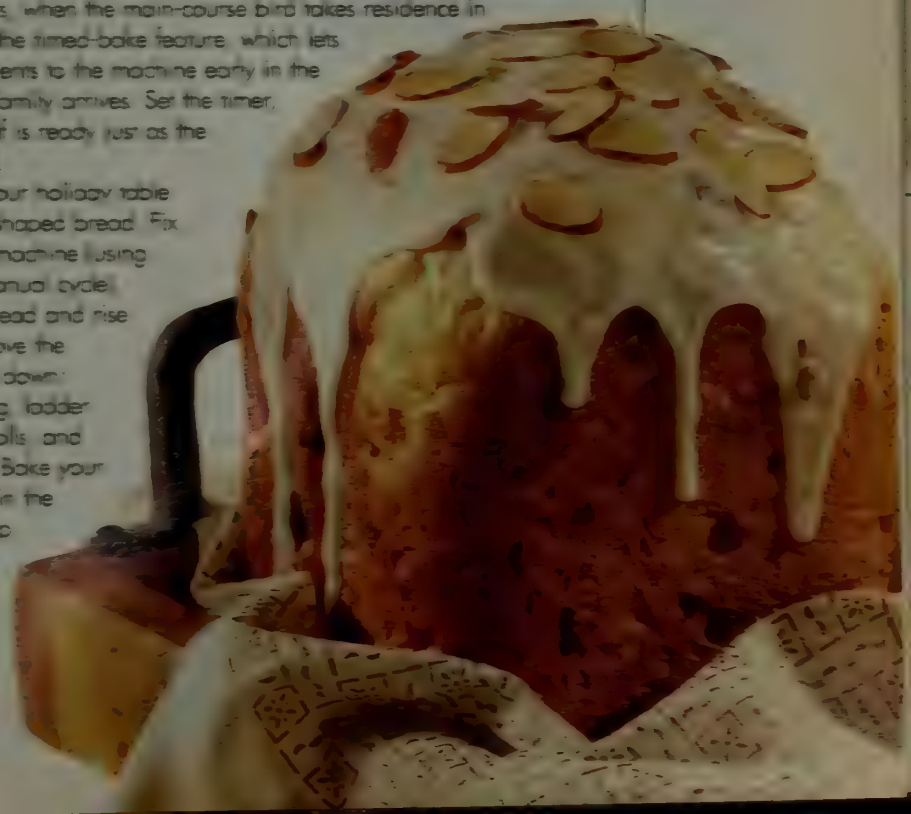
As long as you're paying the electric bill, let your refrigerator/freezer do more of the work:

- Cook a saucepanful of whole grains (such as bulgur, wheat berries, or brown rice), and stockpile in the fridge (up to a week) or in the freezer (up to a month). Use them in salads, pilafs, and baking. Your vegetarian houseguests at holiday time will appreciate your thoughtfulness.
- Brown a pound or two of ground meat seasoned with frozen chopped onions, and pack in 1-cup freezer containers. When weary travelers arrive, thaw a portion and quickly turn it into soup or a taco filling.
- When you run out of time and dessert is not quite cool, stick it in the freezer for 10 to 15 minutes.
- Any yeast dough can turn into an overnight refrigerator dough. After the first rise, cover shaped dough in baking pan with plastic wrap. Refrigerate for up to 24 hours. When ready to serve, let stand at room temperature about 20 minutes and bake as directed in recipe. Who could resist serving warm cinnamon rolls on Christmas morning when they're so little work?

BRAVO, THE BREAD MACHINE

The kitchen appliance of the '90s enables you to break homemade bread even on holidays, when the main-course bird takes residence in your oven. Use the timed-bake feature, which lets you add ingredients to the machine early in the day before the family arrives. Set the timer, and a warm loaf is ready just as the turkey is carved.

Or brighten your holiday table with a festively shaped bread. Fix a dough in the machine (using the dough or manual cycle), allowing it to knead and rise once. Then remove the dough, punch it down, shape into a ring, ladder, loaf, braid, or rolls, and let it rise again. Bake your designer bread in the oven. Cool, wrap in foil, and freeze for up to 3 months, if desired. Thaw before serving.



CONTINUED ON PAGE 155

IF YOU JUST CAN'T GET ENOUGH OF THE ALL-NEW TAURUS, HERE'S MORE.

The wagon that redefined the category has itself been redefined. For those whose needs go beyond a sedan, here's a new wagon that goes beyond conventional wagons. It's everything you like about the new Taurus...and more.



The new Integrated Control Panel that's easy to use and easy on the eyes is a good example of the new Taurus' innovative design.



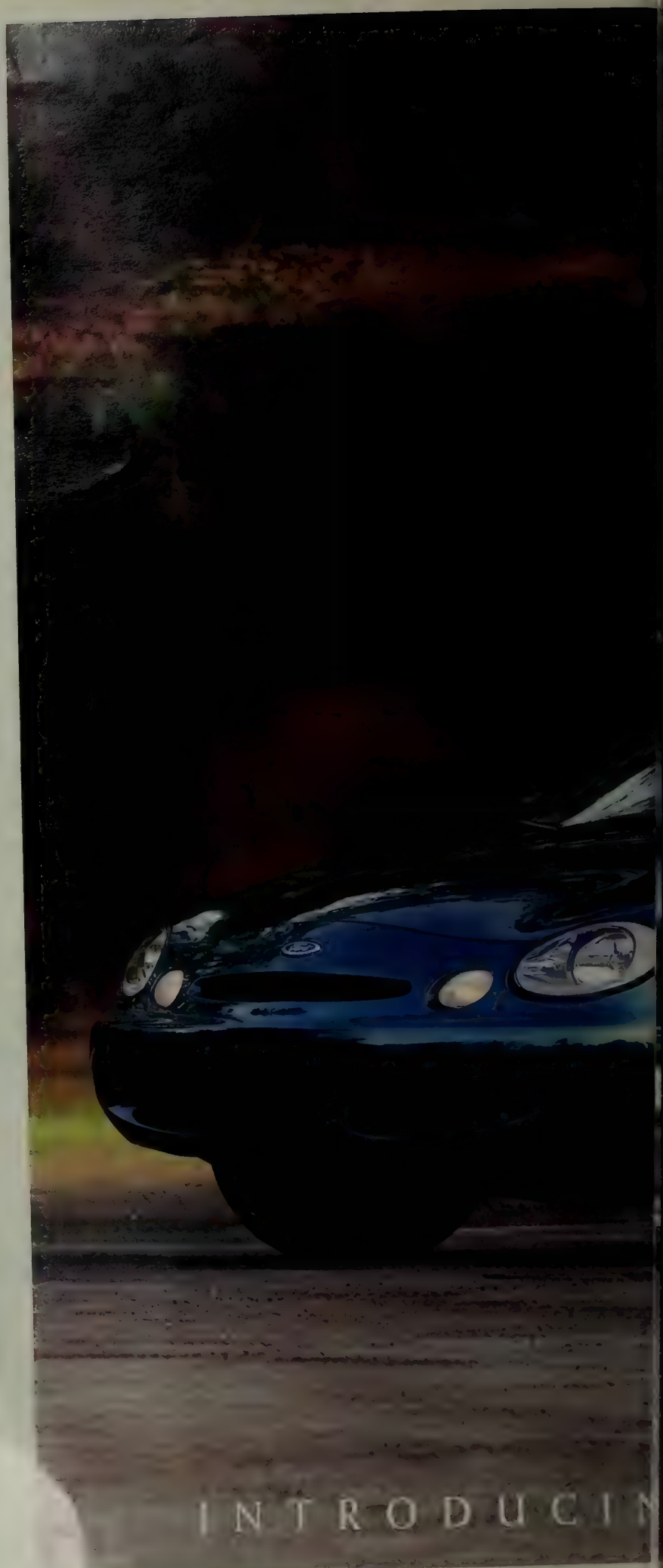
Standard dual air bags; dynamic side impact protection and available ABS are just part of the comprehensive safety package you'll find on Taurus.*

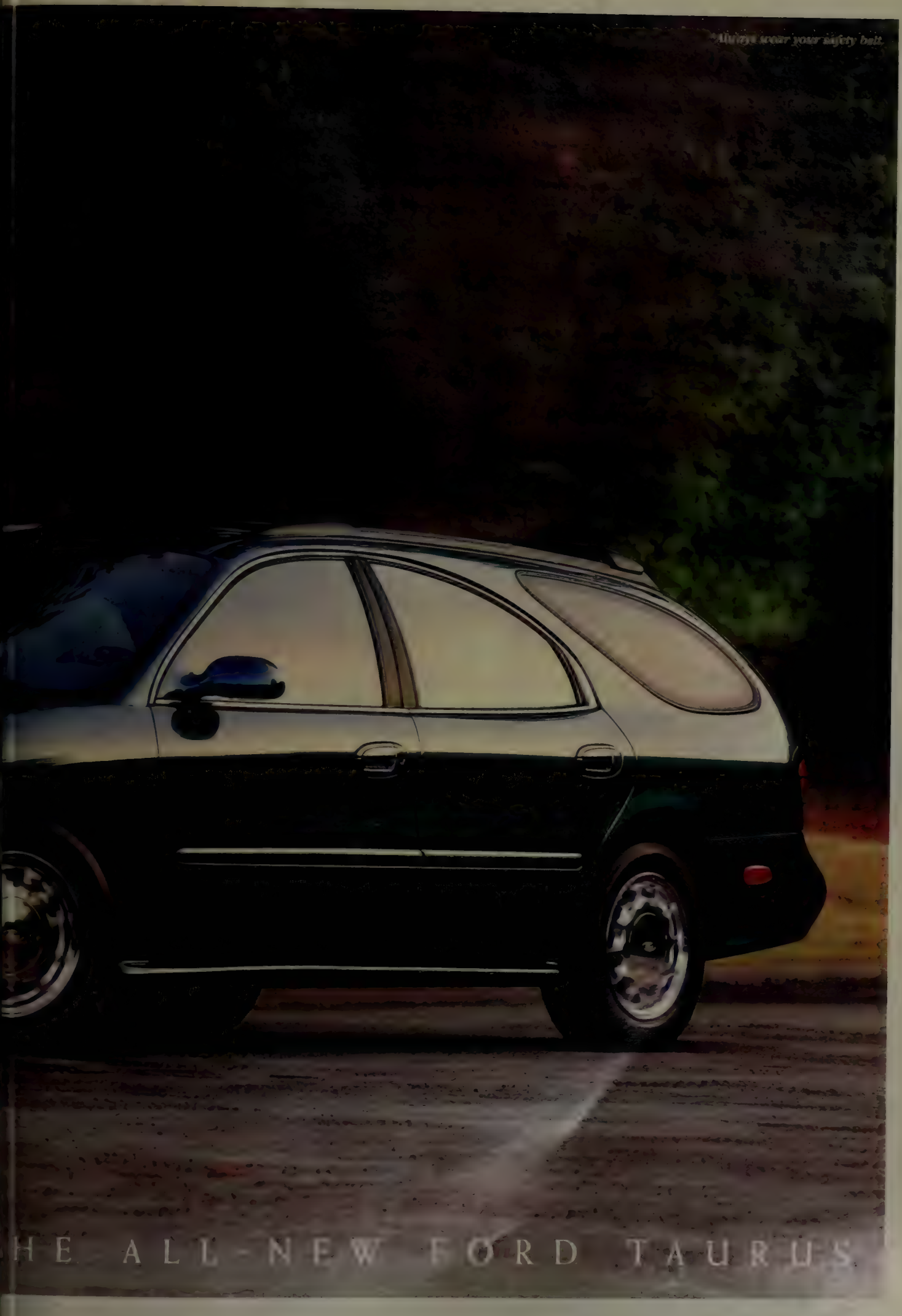


Taurus Wagon has the most cargo room in its class.

Ford

HAVE YOU DRIVEN A FORD LATELY?




Always wear your safety belt.
HE ALL-NEW FORD TAURUS

Holiday TimeSavers

continued from page 185

I COOKED, YOU CLEAN-UP

No one will mind post-dinner duties when you use these ploys:
- dish up dinner in the kitchen, from pot to plate; forget about the serving dishes.
- line casseroles and roasting pans with foil.
- line salad bowls with plastic wrap (check out the new holiday wraps).
- invest in nonstick cookware.
- use disposable foil cookware for those really messy recipes.
- marinate in plastic bags, placing the bag in a bowl in case it springs a leak.

JUMP-START BAKING

Holiday baking is a breeze when you keep these basics stashed in your freezer:
- whole bags of toasted nuts and coconut, ready and waiting
- grated gingerroot and finely shredded citrus peels, wrapped a-teaspoon-at-a-time in plastic wrap





FOR MORE TIMESAVING TIPS, ORDER YOUR COPY OF THE BETTER HOMES AND GARDENS 1995 ANNUAL RECIPES

Streamline your cooking all year-round with tips and recipes found in our 320-page cookbook. The book features every recipe published in the 1995 issues of our magazine plus bonus recipes for all occasions. Over 500 recipes in all. This book is not available in bookstores. Call now to place your order (800/678-2665). Books will be shipped around November 1st.

CHEAT ON DESSERT

Forget about tedious, fussy garnishes; try these grand finishes that you can do lickety-split:
- Place a handful of chocolate chips in a small heavy-duty plastic bag, and melt in the microwave. Snip off a corner of the bag, and pipe the chocolate over cakes, tortes, pastries, and pies. Try the bag trick with warm jelly or fruit puree too.
- Position a purchased stencil, doily, or even a wire kitchen rack on top of a cake or pie and sift powdered sugar or cocoa powder over.



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THE ALL-NEW FORD TAURUS

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HAVE YOU DRIVEN A FORD LATELY?

Our Kitchen in Cyberspace



WARM-UP YOUR COMPUTER AND JOIN US ON-LINE

Starting today, there's one more tool that every serious cook needs: a home computer. That's the only way you can visit the *Better Homes Kitchen*®, our brand-new home located on the CompuServe Information Service. You'll find it's an easy and fun way to make new friends, share recipes, and discover a world of cooking pleasure.

Getting to the kitchen is simple. The welcome mat is out 24 hours a day. All you need is a Windows- or Macintosh-equipped computer, a modem to connect your computer to a telephone line, and some free software. (See the end of this article for information on getting your free trial membership.)



The *Better Homes Kitchen* is hosted by people who know and love food. Oversight comes from Nancy Byal, our Executive Food Editor, and Sharon Stilwell, the Better Homes and Gardens Test Kitchen Director. Daily duties are split between experienced food editors Joyce Trollope and Shelli McConnell, with production help from Rebecca Canada. Each shares a passion for food, and a sincere desire to help others.

Like any good kitchen, the *Better Homes Kitchen* is stocked with favorite recipes—ours and yours. You'll also find time- and money-saving tips, how-to photos, nutrition advice, and great ideas for planning everything from birthday parties to family dinners.

But the real heart of our ne kitchen is conversation. In th message section you can share you thoughts with others and watch fo their replies. Or, tune in durir one of our regular chat sessio for some on-the-spot banter wi the BH&G food editors. We also host conferences that featu America's foremost food experts a variety of timely topics, such holiday cooking.

SIGNING UP

If you are currently a member of CompuServe, simp *GO KITCHEN*. To become a member of CompuSer call toll-free **800/858-0401**. You'll receive a free comp er disk in the mail. As a new member, you'll qualify fo month's free membership and 10 hours of free use of service. Use those hours to visit the *Better Homes Kitch* as well as the thousands of other special interest ar available on CompuServe.

If you wish to continue your membership, you'll billed $9.95 per month. Your monthly fee include hours of usage; additional hours are $2.95 each.

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Now it's Showtime in No Time!



Homemade Frosting
2½ minutes



Chocolate Glaze
1½ minutes

1 box Domino® Chocolate Flavored Confectioners Sugar
1/2 cup milk

In large bowl, slowly add milk to chocolate confectioners sugar until mixture is desired consistency. Dip to cover fruit, pretzels and donuts. Makes 1-1/2 cups.



No-Bake Chocolate Cream Cheese Pie
4 minutes



Lemon Whipped Cream on Raspberry Shortcake
3 minutes



Strawberry Mini Party Cakes
4½ minutes

w Domino Flavored ectioners Sugar sets the for amazing kitchen rmances in minutes — use the flavor's already

w you can create ny homemade frosting dazzling desserts easier aster than ever before.



Wow your family with icing, glazes, flavored whipped cream and much, much more. It's great for sprinkling and dusting too. No-bake and easy-bake recipes for the desserts above and more are right on the box.

Make anytime showtime with new Domino Flavored Confectioners Sugar!

Product not available in all areas.

Thanksgiving

continued from page 173

GINGER PUMPKIN BISQUE

Marsh Tavern, The Equinox, Manchester Village, Vermont

• • •

This soup is like eating warm pumpkin pie with a spoon. Creamy bowlfuls, sweetened with nectar from Vermont's own maple trees, is standard fall fare at the Marsh Tavern. The candlelit tavern served as a brief refuge for the heroic Green Mountain Boys during the American Revolution.

¾ cup chopped shallots
½ cup chopped onions
2 tsp. grated gingerroot
2 Tbsp. walnut oil or cooking oil
¼ cup all-purpose flour
4 cups chicken broth
½ cup apple cider
1 16-oz. can pumpkin
⅓ cup maple syrup
2 bay leaves
¼ tsp. ground cinnamon
¼ tsp. dried thyme, crushed
¼ tsp. pepper
⅛ tsp. ground cloves
1 cup whipping cream
½ tsp. vanilla
Whipping cream (optional)
Fresh thyme sprigs (optional)

In a 3-quart saucepan cook shallots, onions, and gingerroot in hot walnut or cooking oil over medium heat till tender but not brown. Stir in flour. Add chicken broth and cider all at once. Cook and stir over medium heat till thickened and bubbly. Stir in pumpkin, maple syrup, bay leaves, cinnamon, the ¼ teaspoon thyme, the pepper, and cloves. Return to boiling; reduce heat. Cover and simmer for 20 minutes.

Remove from heat. Discard bay leaves. Cool slightly. In a food processor or blender container cover and blend mixture in 3 or 4 batches.

Return the soup to saucepan. Stir in the 1 cup whipping cream and vanilla. Heat through but do not boil. If desired, swirl cream into each serving; garnish with thyme. Makes 8 cups or 8 to 10 appetizer servings.

Make-ahead directions: You can cook and blend the pumpkin mixture up to 24 hours ahead. Chill. To serve, just heat the soup, stir in the cream and vanilla, and heat through.

Nutrition facts per serving: 244 cal., 15 g total fat (7 g sat. fat), 41 mg chol., 406 mg sodium, 23 g carbo., 2 g fiber, and 5 g pro. Daily Values: 157% vit. A, 7% vit. C, 4% calcium, and 12% iron.

ROAST TURKEY WITH CHESTNUT-CORN BREAD STUFFING

The Chadds Ford Historical Society, Chadds Ford, Pennsylvania

• • •

It may take a while, but true to hearthside cooking, the Historical Society roasts its pièce de résistance on a spit in a fire-warmed reflector oven. The stuffing bakes in a Dutch oven on glowing coals nearby.

1 12- to 14-lb. turkey
2 cups fresh chestnuts
4 medium onions, chopped (2 cups)
¼ cup bacon drippings, margarine, or butter
4 stalks celery, finely chopped (2 cups)
1½ tsp. dried sage, crushed
½ tsp. dried thyme, crushed
½ tsp. salt
Dash pepper
1 recipe Homemade Corn Bread (see recipe, page 194) or one 15-oz. corn bread mix, prepared
⅓ to ½ cup chicken broth
Salt
Pepper
Cooking oil, margarine, or butter
1 recipe Turkey Giblet Gravy (see recipe, page 194)

Thaw turkey, if frozen (see directions, page 235).

Using a sharp paring knife, make a slit in the flat side of each chestnut. In a large saucepan cook chestnuts in boiling water for 5 minutes; drain. While chestnuts are still hot, use a sharp knife to remove shells and inner brown skins. Return chestnuts to the same saucepan. Cook chestnuts in more boiling water for 20 to 30 minutes or till tender.

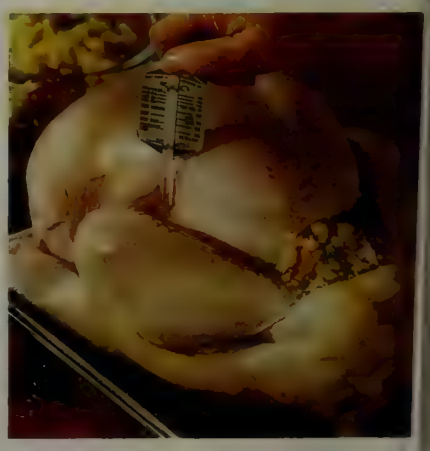
Meanwhile, in a large skillet cook onions in hot bacon drippings, margarine, or butter till onion is tender but not brown.

Drain and coarsely chop the boiled chestnuts. In a large mixing bowl combine chopped chestnuts, onions, celery, sage, thyme, the ½ teaspoon salt, and the dash pepper; mix well. Crumble corn bread (you should have 8 cups). Add to mixing bowl; toss gently to mix. Add broth, a little at a time, tossing to moisten.

Unwrap turkey; remove excess fat. Remove giblets and neck; reserve for Turkey Giblet Gravy.

Thoroughly rinse the inside cavities and outside of turkey under cold running water. Pat dry with paper towels. Season the skin and cavities with salt and pepper.

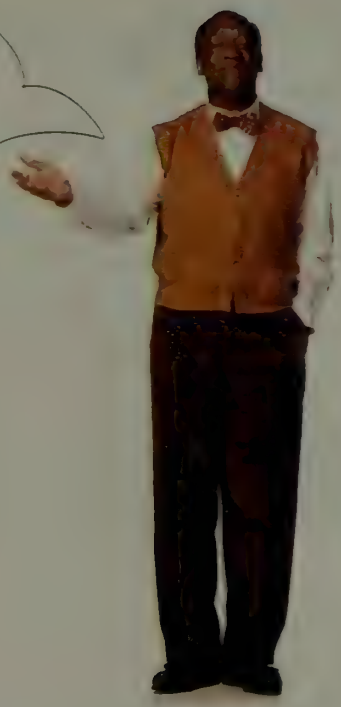
Set turkey in a large bowl, with the neck cavity up. Spoon some stuffing loosely into neck cavity. Use skewer to secure the neck skin to the back. Turn bird over so the body cavity is up. Spoon some of the stuffing loosely into body cavity. (Do not pack stuffing too tightly because it will expand during cooking and may not heat evenly if too densely packed.)



Is the turkey done yet? A meat thermometer won't keep you guessing. For an accurate reading, keep the bulb away from any bo

continued on page 1

Every year, the Cosby family gives thanks for Grandma's delicious Double Layer Pumpkin Pie.





And every year, the Cosby kids give thanks you didn't eat the whole thing yourself.

DOUBLE LAYER PUMPKIN PIE

PREP TIME: 15 minutes **REFRIGERATING TIME:** 4 hours

4 ounces PHILADELPHIA BRAND® Cream Cheese, softened*
1 tablespoon milk or half-and-half
1 tablespoon sugar
1 1/2 cups thawed COOL WHIP® Whipped Topping
1 KEEBLER READY CRUST® Graham Cracker Pie Crust (6 ounces)
1 cup cold milk or half-and-half
1 can (16 ounces) pumpkin
2 packages (4-serving size) JELL-O® Vanilla Flavor Instant Pudding & Pie Filling
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves

MIX cream cheese, 1 tablespoon milk and sugar in large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

POUR 1 cup cold milk into bowl. Add pumpkin, pudding mixes and spices. Beat with wire whisk until well mixed. (Mixture will be thick.) Spread over cream cheese layer.

REFRIGERATE 4 hours or until set. Garnish with additional whipped topping, if desired. Store leftover pie in refrigerator.

Makes 8 servings.

*Helpful Hint: Soften cream cheese in microwave on HIGH 15 to 20 seconds.

Double Layer Pecan Pumpkin Pie Stir 1/4 cup toasted chopped pecans into cream cheese mixture. Spread on bottom of crust. Continue as above.

For highest quality use products as listed. Do not substitute.



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Make a Thanksgiving Classic.

Thanksgiving

continued from page 192

Tuck the drumsticks under tail skin or use string to tie the drumsticks securely to tail. Twist wing tips under the back so they won't overcook. Spoon any remaining stuffing into a 1½-quart casserole; cover and chill till ready to bake.

Place turkey, breast side up, on a rack in a shallow roasting pan. Brush with cooking oil, margarine, or butter to prevent drying. Insert a meat thermometer into the center of one of the thigh muscles, without the bulb touching fat or bone (see photograph, page 192).

Cover turkey loosely with foil to prevent overbrowning and to keep the turkey moist. Roast in a 325° oven for 3½ to 4 hours or till thermometer registers 180°. If desired, baste occasionally with drippings during roasting. After 2½ hours, cut the skin or string between the drumsticks. The last 30 to 45 minutes of roasting, remove the foil and add the stuffing in the covered casserole to the oven. Remove the bird when the meat reaches 180° and the stuffing reaches 165°. Cover with foil and let stand for 20 minutes for easier carving. Serve turkey and stuffing with Turkey Giblet Gravy. Makes 12 to 14 main-dish servings.

Homemade Corn Bread: In a medium mixing bowl stir together 1 cup all-purpose flour, ¾ cup cornmeal, 1 tablespoon sugar, 2 teaspoons baking powder, and ⅛ teaspoon salt. In a small mixing bowl combine 1 slightly beaten egg, 1 cup milk, and 2 tablespoons bacon drippings or cooking oil; stir just till mixed. Stir the egg mixture into flour mixture. Spread in a lightly greased 8x8x2-inch baking pan. Bake in a 450° oven for 30 minutes or till golden brown. Serve warm or cool for stuffing. Makes 9 servings.

Turkey Giblet Gravy: Insert 2 cloves each into 2 medium onions. In a medium saucepan combine the reserved giblets and neck from the turkey, 2 cups water, 1 cup dry white wine, the 2 onions with cloves, 2 cut-up carrots, ½ teaspoon salt, 6 to 8 peppercorns, and 2 sprigs parsley. Bring to boiling; boil for 1 minute. Skim off foam. Reduce heat. Cover and simmer for 1 hour or till the giblets are tender.

Remove giblets from broth; chop and set aside. Strain broth. If necessary, simmer the giblet broth, uncovered, for a few minutes to reduce to 2 cups liquid total.

When the turkey is done, add ½ cup juice from the roasting pan to the 2 cups giblet broth. Stir together ¼ cup softened margarine or butter and ¼ cup all-purpose flour; drop by spoonfuls into the hot liquid. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Add chopped giblets before serving. Makes 1½ cups.

Nutrition facts per serving: 608 cal., 26 g total fat (10 g sat. fat), 205 mg chol., 474 mg sodium, 38 g carbo., 4 g fiber, and 49 g pro. Daily Values: 27% vit. A, 24% vit. C, 13% calcium, and 35% iron.



Stacked on toast and topped with creamy Parmesan sauce and strips of bacon, your leftover roast turkey really sizzles in The Hot Brown sandwich.

THE HOT BROWN

The Brown, Louisville, Kentucky

• • •

When supper-club dances were roaring in the 1920's, the Brown was in full swing. During the band's midnight break, breathless dancers usually needed a quick snack. On one such night, shortly after Thanksgiving, the chef ingeniously whipped up this saucy open-face sandwich to use up leftover turkey. It's now on the menu 365 days a year. Serve it at home to dress up your own leftover turkey.

- ⅓ cup margarine or butter
- 3 Tbsp. all-purpose flour
- ⅛ tsp. pepper
- 2⅓ cups milk
- 2 slightly beaten egg yolks
- ⅓ cup grated Parmesan cheese
- 8 slices white bread, toasted
- 12 oz. thinly sliced fully cooked turkey
- 2 Tbsp. grated Parmesan chees
- 16 strips fully cooked bacon

continued on page 1

Take a brand new look at Stove Top® stuffing.

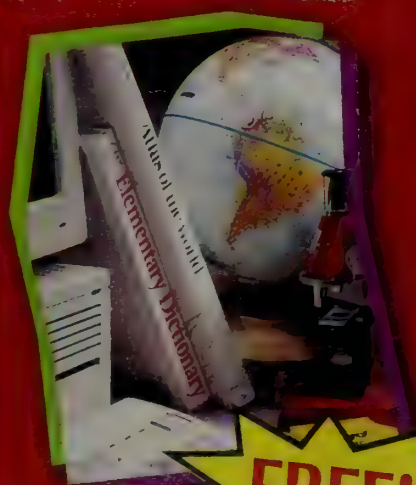


know your family loves the hearty aroma of Stove Top® cooking. They love the s and the spices and the goodness. Now we've put our same delicious stuffing in a nd new beautiful package. More than ever, tonight's a great night for Stove Top.®



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LABELS FOR EDUCATION
Working together for FREE school equipment!


+



FREE! SCHOOL EQUIPMENT
In the last 2? years, Campbell's Labels for Education program has awarded nearly $70 million worth of equipment - ALL FREE - in exchange for labels and other proofs of purchase from our family of quality products.
Your child's school can take advantage of this rewarding opportunity. For more information call our toll free number (1-800-424-5331 Ext. 150, 8:30AM–5:00PM EST).

Thanksgiving

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For sauce, in a medium saucepan melt margarine or butter. Stir in flour and pepper. Add milk all at once. Cook and stir till thickened and bubbly. Gradually stir *some* of the hot mixture into the beaten egg yolks. Return all of the mixture to the saucepan; cook and stir just till bubbly. Remove from heat. Stir in the ⅓ cup Parmesan cheese.

Arrange the slices of toast in a single layer on the unheated rack of a broiler pan. Top with sliced turkey, sauce, and the 2 tablespoons Parmesan cheese. Broil 3 to 4 inches from heat about 3 minutes or till sauce is brown and bubbly.

For each serving, place 1 toast stack on a serving plate. Top each serving with 2 slices of cooked bacon, forming an "X." Serve immediately. Makes 8 servings.

Nutrition facts per serving: 351 cal., 19 g total fat (6 g sat. fat), 109 mg chol., 592 mg sodium, 18 g carbo., 0 g fiber, and 25 g pro. Daily Values: 23% vit. A, 8% vit. C, 17% calcium, and 13% iron.

TURNIP SAUCE

Old Sturbridge Village, Sturbridge, Massachusetts

• • •

The only saucy part of this dish is its deceptive name. Today, you would call it mashed turnips and potatoes. But, in 19th century cooking and at the living history village of Sturbridge, the word "sauce" means any mixture that adds "relish" to the meat, so it applies to most vegetable dishes. The turnips make this old-fashioned side dish a little more moist than plain mashed potatoes.

- 1¼ lb. potatoes, peeled and cubed
- 1¼ lb. turnips, peeled and cubed
- 2 Tbsp. margarine or butter
- ½ tsp. salt
- ¼ tsp. pepper
- Margarine, butter, or gravy (optional)

In a large saucepan cook potatoes, covered, in boiling water for 10 minutes. Add turnips; return to boiling. Reduce heat; simmer, covered, for 12 to 15 minutes more or till the vegetables are tender. Drain vegetables.

Add 2 tablespoons margarine or butter, the salt, and pepper to cooked vegetables; mash till smooth. If desired, top each serving with margarine, butter, or gravy. Makes 6 side-dish servings.

Nutrition facts per serving: 130 cal., 4 g total fat (2 g sat. fat), 10 mg chol., 266 mg sodium, 23 g carbo., 4 g fiber, and 2 g pro. Daily Values: 3% vit. A, 28% vit. C, 2% calcium, and 3% iron.

GINGER CRANBERRY RELISH

The Lords' Proprietor's Inn, Edenton, North Carolina

• • •

At Miss Lilly's very respectable boarding house, you could get a month's worth of three square meals a day and a roof over your head for $25. The price has risen and the name has changed, but you can still get great food and shelter at this turn-of-the-century Victorian home. The Thanksgiving menu offers this zesty cranberry relish, flavored with pickled ginger.

- ¾ cup sugar
- ½ cup water
- 12 oz. bag fresh cranberries
- 2 Tbsp. lemon juice
- 1 to 2 Tbsp. pickled chopped ginger* or 1½ tsp. grated fresh gingerroot

In a 3-quart saucepan combin sugar and water. Bring to boiling stirring to dissolve sugar. Add cran berries. Return to boiling; reduc heat. Simmer, uncovered, over medi um-high heat for 4 to 5 minutes o till the cranberry skins pop, stirrin occasionally.

Remove from heat. Stir in lemo juice and pickled ginger or ginger root. Cover and chill till ready t serve (up to 1 week). Makes 8 (¼ cup) side-dish servings.

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Bring a family favorite back to the table this Thanksgiving.

Campbell's® Green Bean Bake

Prep Time: 10 min. Cook Time: 30 min.

1 can (10 3/4 oz.) Campbell's® condensed cream of mushroom soup
1/2 cup milk
1 tsp. soy sauce
Dash pepper
4 cups cooked cut green beans
1 can (2.8 oz.) French's® French fried onions

1. In 1 1/2-qt. casserole mix soup, milk, soy, pepper, beans and 1/2 can onions.
2. Bake at 350° F. for 25 min. or until hot.
3. Stir. Sprinkle remaining onions over bean mixture. Bake 5 min. more or until onions are golden. Serves 6.



Campbell's Makes Everything M'm! M'm! Better.™

1985 Campbell Soup Company

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**Note:* Look for pickled ginger in Oriental food specialty shops or in the ethnic food or seasoning section of your supermarket.

Nutrition facts per serving: 98 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 25 g carbo., 2 g fiber, 0 g pro. Daily Values: 0% vit. A, 12% vit. C, 0% calcium, and 1% iron.

BEEHIVE PUMPKIN BREAD

The Chadds Ford Historical Society, Chadds Ford, Pennsylvania

• • •

Members of the Historical Society fire up a beehive-shaped brick oven early in the morning to bake breads and pies for their fall feast. Such ovens were the heart of every colonial home and baking in them was an all-day affair.

- 3¼ to 3¾ cups all-purpose flour
- 2 pkg. active dry yeast
- ¼ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ⅛ to ¼ tsp. ground cloves
- ¾ cup milk
- ¼ cup packed brown sugar
- 2 Tbsp. margarine or butter
- ½ tsp. salt
- ½ cup canned pumpkin
- ¾ cup raisins
- Milk

In a large mixing bowl stir together *1½ cups* of the flour, yeast, ginger, nutmeg, and cloves; set aside. In a 1-quart saucepan heat and stir milk, brown sugar, margarine or butter, and salt just till warm (120° to 130°) and margarine is almost melted. Add to the flour mixture; add pumpkin.

Beat with an electric mixer on low speed for 30 seconds, scraping the sides of the bowl constantly. Beat on high speed for 3 minutes. Using a spoon, stir in raisins and as much of the remaining flour as you can.

Turn dough out onto lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a lightly greased bowl; turn once to grease the surface. Cover and let rise in warm place till double (30 to 45 minutes).

Punch dough down. Turn out onto a lightly floured surface. Cover and let rest for 10 minutes. Lightly grease an 8x4x2-inch loaf pan. Shape dough into a loaf; place in the prepared pan. Cover and let rise till double (25 to 30 minutes).

Brush top with milk. Bake in a 375° oven for 35 to 40 minutes or till loaf sounds hollow when tapped. If necessary, cover with foil the last 10 to 15 minutes to prevent overbrowning. Remove from pan. Cool on a wire rack. Makes 1 loaf (16 slices).

Nutrition facts per slice: 140 cal., 2 g total fat (0 g sat. fat), 1 mg chol., 92 mg sodium, 28 g carbo., 1g fiber, 4 g pro. Daily Values: 19% vit. A, 1% vit. C, 2% calcium, and 10% iron.

PORK CROWN ROAST WITH PEPPER STUFFING

Lafitte's Landing, Donaldsonville, Louisiana

• • •

The notorious pirate John Lafitte once stashed his cache of riches and his two children at this Acadian (Cajun) cottage hidden deep in the swampy bayous of Louisiana. His son, wanting none of his father's seafaring ways, grew up to marry the cottage-builder's granddaughter. The cottage is now a restaurant, and the great Cajun cooking is still enticing folks to stop by.

- 1 7- to 8-lb. pork rib crown roast (12 to 14 ribs)
- 1 Tbsp. snipped fresh thyme or ½ tsp. dried thyme, crushed
- 1 Tbsp. snipped fresh basil or ½ tsp. dried basil, crushed
- 1 Tbsp. snipped fresh sage or ½ tsp. dried sage, crushed
- ½ tsp. bottled hot pepper sauce
- ¼ tsp. salt
- ¼ tsp. cracked black pepper
- 1 cup chopped onion
- 1 cup chopped celery
- ½ cup chopped red sweet pepper
- ½ cup chopped yellow sweet pepper
- 2 cloves garlic, minced
- 3 Tbsp. margarine or butter
- 1 medium red or green apple, chopped
- ½ cup chopped fully cooked andouille sausage or smoked sausage (about 2½ oz.)
- ¼ cup sliced green onions
- ¼ cup snipped parsley
- 6 cups dry French bread cubes*
- Chicken broth or water
- ⅓ cup cane syrup or ¼ cup dark corn syrup plus 2 Tbsp. light molasses
- Kale or leaf lettuce (optional)
- Kumquats, halved (optional)



To carve the pork crown roast, slice between the ribs and spoon out the stuffing.

Place the pork roast in a shallow roasting pan. In a small mixing bowl combine thyme, basil, sage, hot pepper sauce, salt, and pepper; rub half of the mixture onto the inside of the ribs. Set remaining herb mixture aside for stuffing.

For stuffing, in a large saucepan cook onion, celery, red pepper, yellow pepper, and garlic in hot margarine or butter, covered, over medium heat for 3 minutes. Add apple. Cook, covered, for 6 to 8 minutes more or till tender.

Stir in remaining herb mixture, sausage, green onions, and parsley. Remove from heat. Add bread cubes; toss gently to mix. If necessary, add small amount of broth or water to moisten. (The stuffing will become more moist as it cooks in the meat

continued on page 20

A new Jell-O® Holiday Cranberry Mold for Thanksgiving! I could eat the whole thing myself.



Then there'll be two stuffed turkeys at the table.



JELL-O® HOLIDAY CRANBERRY MOLD

2 cups boiling water

1 package (8-serving size) or 2 packages (4-serving size) JELL-O® Brand Cranberry Flavor Gelatin*

1 1/2 cups cold ginger ale* or water

2 cups halved green and/or red seedless grapes

1 can (11 ounces) mandarin orange segments, drained

*Or use JELL-O® Brand Cranberry Flavor Sugar Free Low Calorie Gelatin Dessert and diet ginger ale.

STIR boiling water into gelatin in large bowl 2 minutes or until completely dissolved. Stir in cold ginger ale. Refrigerate about 1 1/2 hours or until thickened (spoon drawn through leaves definite impression). Stir in fruit. Spoon into 5-cup mold.



REFRIGERATE 4 hours or until firm. Unmold. Garnish as desired. Makes 10 servings.

Unmolding: Dip mold in warm water for about 15 seconds. Gently pull gelatin from around edges with moist fingers. Place moistened serving plate on top of mold. Invert mold and plate. Holding mold and plate together, shake slightly to loosen. Gently remove mold and center gelatin on plate.

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New Cranberry JELL-O.
Make a Thanksgiving Classic.

Thanksgiving

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Lightly spoon some of the stuffing mixture into the center of the roast. (Place the remaining stuffing in a casserole. Cover the casserole and chill till ready to bake. Add the casserole to the oven during the last 30 to 45 minutes of roasting time.)

Insert a meat thermometer into roast so it is not touching bone or fat. Cover stuffing and rib tips loosely with foil. Roast in a 350° oven for 2 to 2½ hours or till meat thermometer registers 150°.

Remove foil; brush roast with some of the cane syrup or corn syrup and molasses. Roast, uncovered, about 15 minutes more or till the thermometer registers 160° and the meat is slightly pink in the center, brushing with remaining cane syrup. Let the roast stand for 15 minutes before carving.

If desired, transfer the roast to a kale- or lettuce-lined platter; garnish with halved kumquats. To serve, spoon out the stuffing and cut the meat between the ribs (see photograph, page 198). Makes 12 to 14 main-dish servings.

**Note:* For 6 cups dry bread cubes, use 8 cups of French bread cut into cubes. Place in a shallow roasting pan. Bake in a 350° oven for 10 to 12 minutes or till dry, stirring twice.

Nutrition facts per serving: 441 cal., 21 g total fat (7 g sat. fat), 109 mg chol., 421 mg sodium, 24 g carbo., 1 g fiber, and 37 g pro. Daily Values: 8% vit. A, 25% vit. C, 4% calcium, and 17% iron.



Toss together easy Scalloped Corn and Tomatoes in less than 5 minutes, then pop it into the oven alongside your turkey to bake for the last hour of roasting.

SCALLOPED CORN AND TOMATOES

Living History Farms, Des Moines, Iowa

• • •

"Putting up" in Iowa means only one thing; filling endless jars with corn, tomatoes, and other rewards of the summer garden. On the farm, the rows of neatly labeled jars have always signaled the end of summer and the beginning of cold days ahead. Thus, even on a blustery Thanksgiving day, the fruits of a hot prairie summer can be savored once more, often in a casserole or hot dish.

- 2 pints or two 14½-oz. cans tomatoes, drained and chopped
- 1 pint or one 15¼-oz. can whole kernel corn, drained
- 1 14¾-oz. can cream-style corn
- 2 slightly beaten eggs
- ¼ cup all-purpose flour
- 2 tsp. sugar
- ½ to 1 tsp. pepper
- 1 medium onion, finely chopped
- ½ tsp. garlic powder
- ⅓ cup margarine or butter
- 4 cups soft bread crumbs
- ½ cup grated Parmesan cheese

In a 2-quart casserole stir together tomatoes, kernel corn, cream-style corn, eggs, flour, sugar, and pepper.

For topping, in a small saucepan cook onion and garlic powder in hot margarine or butter till tender but not brown. Remove from heat; stir in crumbs and Parmesan. Sprinkle atop corn mixture. Bake, uncovered, in a 350° oven about 1 hour or till brown and set. Makes 12 side-dish servings.

Nutrition facts per serving: 247 cal., 9 g total fat (2 g sat. fat), 39 mg chol., 443 mg sodium, 36 g carbo., 4 g fiber, and 8 g pro. Daily Values: 14% vit. A, 20% vit. C, 8% calcium, and 12% iron.

MARYLAND CRAB-SWEET CORN CHOWDER

Dilworthtown Inn, West Chester, Pennsylvania

• • •

When the Revolutionary redcoats visited this Colonial inn in 1777, it was not a friendly stay. As innkeeper Charles Dilworth noted in his daybook, they left with whiskey, rum, heifers, and hogs. Afterward, Dilworth used soups—modest by today's standards—to stretch the inn's depleted supplies. Homemade soups are still a house specialty.

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Always Juicy. Always Tender. Always Butterball.

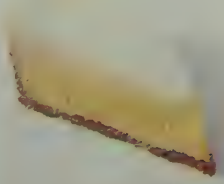
During the holidays, you can always count on Aunt Sally's fruit cake, football and juicy, tender Butterball Turkey. From traditional deep-basted to fresh all natural, Butterball turkeys taste juicy and tender slice after slice, year after year. When you serve Butterball turkeys you can be sure they will always taste juicy and tender. Always.



BUTTERBALL®

The Best of All is Butterball™

Any questions about turkey preparation? Call the Butterball Turkey Talk-Line™ at 1-800-323-4848.



Pumpkin Cheesecake

CRUST
1 1/2 cups graham cracker crumbs
1/4 cup granulated sugar
1/3 cup butter or margarine, melted

CHEESECAKE
3 packages (8 oz. each) cream cheese, softened
1 cup granulated sugar
1/4 cup packed brown sugar
1 3/4 cups LIBBY'S Solid Pack Pumpkin
2 eggs
2/3 cup CARNATION Evaporated Milk
2 tablespoons cornstarch
1 1/4 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg

TOPPING
2 cups (16-oz. container) sour cream, at room temperature
1/4 to 1/3 cup granulated sugar
1 teaspoon vanilla extract

FOR CRUST:
Combine graham cracker crumbs, sugar and butter in medium bowl. Press onto bottom and 1 inch up side of 9-inch springform pan. Bake in preheated 350° F. oven for 6 to 8 minutes. Do not allow to brown. Remove from oven; cool.

FOR CHEESECAKE:
Beat cream cheese and sugars in large mixer bowl until fluffy. Beat in pumpkin, eggs and evaporated milk. Add cornstarch, cinnamon and nutmeg; beat well. Pour into crust.

Bake at 350°F. for 55 to 60 minutes or until edge is set but center still moves slightly.

FOR TOPPING:
Combine sour cream, sugar and vanilla in small bowl. Spread over surface of warm cheesecake. Bake at 350°F. for 8 minutes. Cool on wire rack. Chill for several hours or overnight; remove side of pan. Makes 16 servings.



Pumpkin Orange Cookies

2 1/2 cups all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup (2 sticks) butter or margarine, softened
1 cup granulated sugar
1/2 cup packed brown sugar
1 egg
1 1/4 cups LIBBY'S Solid Pack Pumpkin
2 tablespoons orange juice
1 teaspoon grated orange peel
1/2 cup chopped nuts (optional)
Orange Glaze (recipe follows)

Combine flour, baking soda and salt in medium bowl.

Beat butter and sugars in large mixer bowl until fluffy. Add egg, pumpkin, orange juice and orange peel; beat until combined. Gradually beat in flour mixture. Stir in nuts.

Drop dough by rounded tablespoon onto ungreased baking sheets. Bake in preheated 375° F. oven for 12 to 14 minutes. Remove cookies immediately to wire rack to cool completely. Spread each cookie with about 1/2 teaspoon Orange Glaze. Makes about 4 dozen cookies.

FOR ORANGE GLAZE:
Combine 1 1/2 cups sifted powdered sugar, 2 tablespoons orange juice and 1 teaspoon grated orange peel in medium bowl until smooth.



One for pie. One for something else.

Thanksgiving

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1½ cups frozen whole kernel corn
1 medium onion, finely chopped
2 cloves garlic, minced
1 tsp. cooking oil
1 14½-oz. can chicken broth
1 cup whipping cream
⅛ to ¼ tsp. salt
⅛ tsp. white pepper
1 medium potato, peeled and finely chopped (1 cup)
¼ cup finely chopped red, yellow, or green sweet pepper
6 oz. fresh or frozen cooked crabmeat
Snipped fresh parsley (optional)
Red sweet pepper strips (optional)

In a 2-quart saucepan cook *half* of the whole kernel corn, the onion, and garlic in hot cooking oil till onion is tender but not brown. Carefully add chicken broth. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes.

Stir in whipping cream, salt, and white pepper. Simmer, uncovered, for 10 minutes or till slightly thickened. (Watch carefully because it may foam and rise in the pan.) Remove from heat; cool slightly.

Pour the cooled mixture into a blender container. Cover and blend till smooth. Return to the same saucepan; keep warm.

Meanwhile, in a small covered saucepan cook remaining corn and potato in boiling, salted water for 2 minutes. Add chopped sweet pepper. Cover and cook about 1 minute more or till tender. Drain.

Stir the drained vegetables into the soup. Add the fresh or frozen crabmeat; heat through. If desired, garnish each serving with parsley and red pepper strips. Makes 4½ cups (6 side-dish servings).

Nutrition facts per serving: 259 cal., 17 g total fat (10 g sat. fat), 83 mg chol., 365 mg sodium, 19 g carbo., 2 g fiber, and 10 g pro. Daily Values: 21% vit. A, 23% vit. C, 5% calcium, and 5% iron.

COMMON BISCUITS

Deerfield Inn, Deerfield, Massachusetts

• • •

When is a biscuit not a biscuit? When it originally comes from England, where cookies are called biscuits. These feathery cookies were first baked in the United States by English colonists in Deerfield to celebrate holidays and special occasions. With sherry, rose water, and coriander, they taste anything but common.

3 eggs
1 tsp. rose water (optional)
1 tsp. dry sherry
2¼ cups sifted powdered sugar
2 cups all-purpose flour
1 tsp. ground coriander
1 beaten egg white
Coarse sugar

In a large mixing bowl beat eggs with an electric mixer on low speed till combined. Beat in rose water (if using) and sherry.

In a medium mixing bowl stir together powdered sugar, flour, and coriander. Add sugar mixture to egg mixture, beating with an electric mixer on medium speed just till combined.

Drop cookie dough from a well-rounded teaspoon onto lightly greased cookie sheets, spacing the mounds about 2 inches apart. (The cookies will spread during baking.) Brush lightly with beaten egg white; sprinkle with coarse sugar.

Bake in a 375° oven for 8 to 10 minutes or till the cookie edges are slightly firm and the bottoms are light brown. Use a metal spatula to transfer the cookies to a wire rack. Cool completely.

Store in a tightly covered storage container in a cool, dry place for up to 2 weeks or freeze for up to 6 months. Makes 24 cookies.

Nutrition facts per cookie: 84 cal., 1 g total fat (0 g sat. fat), 27 mg chol., 10 mg sodium, 17 g carbo., 0 g fiber and 2 g pro. Daily Values: 1% vit. A 0% vit. C, 0% calcium, and 3% iron

continued on page 20

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What a wonderful time of year to make *Libby's* famous ***pumpkin pie.***
But why not surprise your family to the fresh taste of other *Libby's* ***pumpkin*** recipes?
Mmmm. Delicious. They'll make the holidays even more merry.



2 cups all-purpose flour
2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 teaspoon baking soda
1 cup (2 sticks) butter or margarine, softened
1/2 cup granulated sugar
1/2 cup packed brown sugar
1 cup LIBBY'S 100% Natural Solid Pack Pumpkin (15 or 16-oz. can)
1 egg
2 teaspoons vanilla extract
2 cups (12-oz. package) NESTLÉ TOLL HOUSE Premier White Morsels, divided
2/3 cup chopped macadamia nuts

Pumpkin White Chip Macadamia Bars

Combine flour, cinnamon, cloves and baking soda in small bowl. Beat butter and sugars in large mixer bowl until creamy. Beat in pumpkin, egg and vanilla until blended; gradually beat in flour mixture. Stir in 1 1/2 cups morsels and nuts. Spread into greased 15 1/2 x 10 1/2-in. jelly-roll pan. *Bake* in preheated 350°F. oven for 18 to 22 minutes or until wooden pick inserted in center comes out clean. Cool in pan on wire rack. *Place* remaining morsels in heavy-duty plastic bag. Microwave on medium-high (70%) power for 45 seconds; knead. Microwave at 10 second intervals, kneading until smooth. Cut tiny corner from bag; squeeze to drizzle over bars. Makes about 48 servings.



One for pie.

One for something else.



©1995 H.J. Heinz

We make it like you would.

If you did.

But you don't.

So we do.



We season. We simmer. We stir. You get to say you slaved in the kitchen all day long.

Heinz. Or is it homemade?

Heinz






Thanksgiving

continued from page 202

APPLE WALNUT TART

The Brown Palace, Denver, Colorado

• • •

Eating Thanksgiving dinner at The Brown Palace is almost like eating at home. Each table gets a whole turkey and designates a carver to do the honors. And, just like home, the leftovers are wrapped for everyone to take.

- 3 tart cooking apples, such as Granny Smith, cored and peeled
- ¼ cup water
- ½ cup all-purpose flour
- ½ cup toasted ground almonds
- ¾ tsp. baking powder
- 5 Tbsp. margarine or butter
- ⅓ cup sugar
- 3½ oz. almond paste (about ⅓ cup)
- 1 tsp. ground cinnamon
- 1 tsp. vanilla
- 2 eggs
- 2 egg yolks
- 2 egg whites
- 1 recipe Tart Pastry (see recipe, right)
- ½ cup apricot jam, melted
- 1 Tbsp. margarine or butter, melted
- 1 Tbsp. sugar
- ½ cup chopped walnuts

For topping, thinly slice apples; place in a large skillet. Add water. Bring to boiling; reduce heat. Cover and simmer about 5 minutes or till tender. Drain well; set aside.

For filling, in a small mixing bowl stir together flour, almonds, and baking powder; set aside. In a medium mixing bowl beat the 5 tablespoons margarine or butter and ⅓ cup sugar with an electric mixer on medium speed. Slowly beat in almond paste, a small piece at a time, till smooth. Add cinnamon and vanilla; beat till a paste forms. Add whole eggs, one at a time, beating well. Beat in the 2 egg yolks. Stir in flour mixture.



Bake almond spice cake inside a citrus-flavored pastry and you have Apple Walnut Tart.

Clean beaters. In a mixing bowl beat egg whites with electric mixer on medium speed till soft peaks form (tips curl); fold into batter.

Press pastry onto bottom and 2 inches up sides of a a 9-inch springform pan (see photograph, right).

Snip any large fruit pieces in jam. Spread half of the melted apricot jam in a thin layer over pastry.

Pour filling into pastry-lined pan. Arrange cooked apple slices atop. Drizzle with melted margarine or butter; sprinkle with 1 tablespoon sugar. Sprinkle walnuts on top.

Bake in a 325° oven for 60 to 65 minutes or till a toothpick inserted near the center comes out clean. Cool the cake in the pan on a wire rack for 1½ hours.

Remove the sides of the springform pan; transfer the tart to a serving platter. Drizzle remaining melted apricot jam over the tart. Cut into wedges to serve. Makes 12 servings.



Using your fingers, press Tart Pastry for Apple Walnut Tart into the corners and up the edges of a springform pan.

Tart Pastry: Beat ½ cup margarine or butter for 30 seconds. Add ½ cup sugar; beat 4 minutes or till fluffy. Add 1 egg yolk; beat 1 minute more. Add 1¼ cups all-purpose flour, 1 teaspoon vanilla, ½ teaspoon finely shredded lemon peel, and a dash salt; beat till combined (dough will be crumbly). Shape into a ball.

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Add Cheer To Your Chicken.

Give your chicken something very special this holiday: the tangy zip of Heinz Chili Sauce. It's jolly good!

Chili Cranberry Chicken

1/2 cup Heinz Chili Sauce
1/2 cup Ocean Spray® Whole Berry Cranberry Sauce
2 tablespoons orange marmalade
1/8 teaspoon ground allspice
4 to 6 skinless, boneless chicken breast halves
2 teaspoons vegetable oil

®Ocean Spray is a registered trademark of Ocean Spray Cranberries, Inc.

Combine first 4 ingredients; set aside. In large skillet, slowly brown chicken on both sides in oil. Pour reserved chili sauce mixture over chicken. Simmer, uncovered, 8-10 minutes or until chicken is cooked and sauce is desired consistency. Turn and baste occasionally.

Makes 4 to 6 servings.

For your free Heinz Recipe Book, write to: P.O. Box 7795, Young America, MN 55573-7795. Limit one per address.

Heinz

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Heinz

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Thanksgiving

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Decorate the top of Honey-Apple Pie with pastry shapes cut from the top crust and trimmings. The holes in the crust let steam escape during baking and prevent the crust from getting soggy.

Nutrition facts per serving: 421 cal., 24 g total fat (10 g sat. fat), 124 mg chol., 195 mg sodium, 48 g carbo., 2 g fiber, and 7 g pro. Daily Values: 18% vit. A, 2% vit. C, 6% calcium, and 12% iron.

HONEY-APPLE PIE

Salem Cross Inn,
West Brookfield, Massachusetts

• • •

Apple pie is the dessert of choice in this 1705 farmhouse, now a country inn. Why? The inn is home to New England's Annual Beehive-Oven-Baked Apple Pie Contest. This 1993 grand champion pie was baked to blue-ribbon deliciousness in the Inn's 300-year-old brick beehive oven, and now appears on the Inn's Thanksgiving menu. Pictured on the cover—

- ⅓ cup honey
- 2 Tbsp. granulated sugar
- 2 Tbsp. cornstarch
- 1 tsp. ground cinnamon
- Dash salt
- 2 Tbsp. margarine or butter, melted
- 6 to 8 medium cooking apples, such as Rome Beauty, Granny Smith, Jonathan, or Winesap, peeled and sliced (7½ cups)
- 1 recipe Rich Pastry for Double-Crust Pie (see recipe, opposite)
- 1 beaten egg
- 1 Tbsp. coarse sugar

For filling, in a large mixing bowl combine honey, 2 tablespoons granulated sugar, the cornstarch, cinnamon, and salt. Stir in melted margarine or butter. Stir in apples.

Wrap 1 circle of pastry around a rolling pin. Unroll onto 9-inch pie plate. Ease into pie plate, being careful not to stretch pastry. Trim pastry to ½ inch beyond edge of plate. Cut decorative shapes from trimmings. If desired, make decorative cutouts in remaining dough circle for top crust. Cover with plastic wrap.

Fill pastry-lined pie plate with apple filling. Place top crust on pie. Turn edge under the pastry; flute as desired. If not using cutouts, cut slits in top crust for steam to escape.

In a small bowl combine beaten egg and 1 tablespoon water. Brush pastry with egg mixture; add decorative shapes. Brush with egg; sprinkle with coarse sugar. Cover edge with foil to prevent overbrowning.

Bake in a 350° oven for 30 minutes. Remove foil. Bake about 30 minutes more or till pastry is golden and filling is bubbly. Cool pie on a wire rack. Makes 8 servings.

Rich Pastry for Double-Crust Pie: In a medium mixing bowl stir together 2 cups all-purpose flour, 2 tablespoons granulated sugar, ¼ teaspoon salt, and ¼ teaspoon baking powder. Cut in ¾ cup shortening till pieces are the size of small peas. In a glass measure combine 1 beaten egg, 1 teaspoon vinegar, and enough water to make ⅓ cup liquid. Add liquid to flour mixture. (If necessary, add more water, 1 teaspoon at a time, till dough clings together). Divide in half. Form each half into a ball.

On a lightly floured surface, flatten each ball of dough with your hands. Using a rolling pin, roll each ball of dough from the center to the edge, forming 2 circles, each about 12 inches in diameter.

Nutrition facts per serving: 462 cal., 24 g total fat (6 g sat. fat), 53 mg chol., 146 mg sodium, 59 g carbo., 3 g fiber, and 5 g pro. Daily Values: 6% vit. A, 9% vit. C, 2% calcium, and 12% iron.

PEANUT PUMPKIN PIE

The Weaver Family, Paoli, Pennsylvania

• • •

For 13 generations, the Weavers have been swapping pie recipes like kids trading baseball cards. The family's roots trace back to 15th century Pennsylvania, and some family members still live on the original homestead. When the clan gathers at the old farmhouse for Thanksgiving, pies of all sorts fill the dessert table, but Granny's nutty pumpkin pie goes first. At 95, the matriarch of this clan still bakes her favorite pie, grinding her own peanut butter in an antique grinder.

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Thanksgiving

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- 2 16-oz. cans pumpkin
- ¾ cup honey
- ½ cup peanut butter
- 2 Tbsp. light molasses
- 1 tsp. ground mace or nutmeg
- Dash salt
- 5 eggs
- 1½ cups dairy sour cream
- ⅓ cup toasted chopped unsalted peanuts
- 2 recipes Pastry for Single-Crust Pie (see recipe, below) or one 15-oz. pkg. folded refrigerated unbaked piecrust (2 crusts)
- Whipped cream (optional)
- Chopped toasted unsalted peanuts (optional)

For filling, in a large mixing bowl combine pumpkin, honey, peanut butter, molasses, mace or nutmeg, and salt. Add eggs. Beat with a fork. Stir in sour cream and ⅓ cup nuts.

Wrap each circle of pastry around a rolling pin. Unroll onto two 9-inch pie plates. Ease into plate, being careful not to stretch pastry. Trim to ½ inch beyond edge. Turn under edges; flute. Add pumpkin filling.

Cover edges with foil. Bake in a 375° oven for 25 minutes. Remove foil. Bake about 25 minutes more or till set. Cool on a wire rack. If desired, serve with whipped cream; top with nuts. Makes 16 servings.

Pastry for Single-Crust Pie: Stir together 1¼ cups all-purpose flour and ¼ teaspoon salt. Cut in ⅓ cup shortening till pieces are the size of small peas. Sprinkle with 3 to 4 tablespoons cold water, 1 tablespoon at a time, gently tossing with a fork till moistened. Form into a ball.

On a lightly floured surface, flatten ball of dough. Roll from center to edges, forming a 12-inch circle.

Nutrition facts per serving: 3[illegible] cal., 21 g total fat (7 g sat. fat), 76 mg chol., 149 mg sodium, 36 g carbo., 3 g fiber, and 8 g pro. Daily Values: 133% vit. A, 4% vit. C, 4% calcium, and 14% iron.



To form the lattice crust for Shaker Lemon Pie, lay half of the pastry strips in one direction across the filling, then lay the other half of the strips in the other direction.

SHAKER LEMON PIE

Shaker Village of Pleasant Hill, Kentucky

• • •

The devout Shakers of the 1800s were so frugal, they fashioned their shoes to fit both feet and switched them daily so the soles would wear evenly. Their thriftiness extended to the kitchen, where they cooked with as little waste as possible. This lemon pie is just one example—it uses the rind and all. The Shakers served it in winter, when fresh fruits were scarce.

- 2 medium lemons, halved lengthwise and thinly sliced crosswise
- 1¾ cups sugar
- 1 recipe Pastry for Double-Crust Pie (see recipe, page 210) or one 15-oz. pkg. folded refrigerated unbaked piecrust (2 crusts)
- 4 beaten eggs
- 1 beaten egg yolk
- 1 Tbsp. water

In a medium mixing bowl combine lemon slices and sugar; mix well. Cover and chill overnight, stirring occasionally to dissolve sugar.

Wrap 1 circle of pastry around a rolling pin. Unroll onto 9-inch pie plate. Ease into pie plate, being careful not to stretch pastry. Trim pastry to ½ inch beyond edge of pie plate.

Add the beaten eggs to the chilled lemon mixture; stir till well mixed. Turn the lemon mixture into the pastry-lined pie plate, arranging the lemon slices evenly from the center to the edge.

To make the lattice pastry top, cut the remaining pastry circle into 10 strips. Arrange half of the strips evenly over the top of the filling, cutting the strips as necessary to fit. Give the pie a quarter-turn; arrange the remaining pastry strips diagonally across the other pastry strips, so they are perpendicular to the first layer of strips. (See photograph above.) Turn under the pastry edge and flute with the tines of a fork.

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DONNA McCRACKEN RAISED A LITTLE HELL AT HER OFFICE PARTY.



No, she didn't tell her boss off. Or dance on her desk. Her cheese dip caused all the commotion. She tried something new. Instead of salsa, she added the original Ro•Tel Diced Tomatoes and Green Chilies. And the party really took off. Not to mention the dip.

Nothing fires up the flavor, arouses any recipe like Ro•Tel. If it calls for tomatoes, it screams for Ro•Tel. All the spices you need in one can.

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RAISE A LITTLE HELL WITH RO•TEL





RO•TEL CHEESE DIP

1 lb. pasteurized processed cheese spread, cut into cubes
1 can (10 oz.) RO•TEL Diced Tomatoes and Green Chilies

In saucepan combine ingredients; stir over low heat until cheese spread is melted. Serve with tortilla chips, crackers or vegetables. Makes about 3-1/2 cups dip.

MICROWAVE: Place ingredients in a covered casserole. Microwave on HIGH until cheese spread is melted, about 5 minutes, stirring once.

LOOK FOR RO•TEL® IN THE CANNED TOMATO SECTION

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Thanksgiving

continued from page 208

In a small bowl combine egg yolk and water; brush onto pastry. Cover edge with foil. Bake in a 375° oven for 25 minutes. Remove foil. Bake for 20 to 25 minutes more or till pastry is golden and a knife inserted near center comes out clean. Cool on a wire rack. Makes 8 servings.

Pastry for Double-Crust Pie: Stir together 2 cups all-purpose flour and ½ teaspoon salt. Cut in ⅔ cup shortening till pieces are the size of small peas. Sprinkle with 6 to 7 tablespoons cold water, 1 tablespoon at a time, tossing till all is moistened. Divide in half; form into 2 balls.

On a lightly floured surface, flatten each ball of dough with your hands. Using a rolling pin, roll each ball of dough from the center to the edge, forming 2 circles, each about 12 inches in diameter.

Nutrition facts per serving: 475 cal., 21 g total fat (5 g sat. fat), 133 mg chol., 168 mg sodium, 69 g carbo., 1 g fiber, and 7 g pro. Daily Values: 8% vit. A, 34% vit. C, 3% calcium, and 13% iron.

MAIDS OF HONOR

The National Colonial Farm, Accokeek, Maryland

• • •

Maid of Honor tarts were the perfect winter dessert in Colonial times because they needed no fresh fruit. Instead, innovative bakers, such as those on this 18th century tobacco farm, would add a dab of jam or jelly preserved from summer's ripe pickings. The origin of their name is a mystery. About the only trait these tarts have in common with a maid of honor at a wedding is their delicate nature.

- 1 cup cottage cheese
- 1 cup light cream, half-and-half, or milk
- 4 egg yolks
- 2 egg whites
- ½ cup sugar
- ½ cup ground almonds
- ¼ cup margarine or butter, melted
- 2 Tbsp. brandy
- 1½ tsp. finely shredded lemon peel
- 1 recipe Pastry for Double-Crust Pie (see recipe, left) or one 15-oz. folded refrigerated unbaked piecrust (2 crusts)
- Strawberry or red currant jelly or jam (optional)

For filling, in a blender container combine cottage cheese and *¼ cup* of the cream or milk; cover and blend till smooth, stopping occasionally and pushing the mixture down the sides. Add remaining cream or milk, egg yolks, egg whites, and sugar; cover and blend till smooth. Stir in ground almonds, margarine or butter, brandy, and lemon peel.

Line 2- or 2½-inch tart pans with pastry. Bake in a 350° oven for 12 to 15 minutes or till slightly golden. Add filling to tart shells. Bake in a 350° oven for 15 to 20 minutes more or till centers are set. Cool on wire rack. If desired, dollop each tart with some of the strawberry or currant jelly or jam. Makes 24 tarts.



What makes these Scalloped Oysters so special? The Union Oyster House makes its own seasoned fresh bread crumbs for the base of this classic appetizer.

Nutrition facts per serving: 168 cal., 11 g total fat (3 g sat. fat), 40 mg chol., 115 mg sodium, 13 g carbo., 0 g fiber, 4 g pro. Daily Values: 9% vit. A, 0% vit. C, 2% calcium, 4% iron.

SCALLOPED OYSTERS

Union Oyster House, Boston, Massachusetts

• • •

America's oldest restaurant celebrates Thanksgiving with the food responsible for its success—the succulent oyster. During this Boston landmark's early days, statesman Daniel Webster would spend hours at the oyster bar, where he was known to devour up to 6 plates of oysters on the half shell, chasing them with swigs of brandy.

- 12 oysters in shells
- 2 cloves garlic, minced
- 1 Tbsp. margarine or butter
- 2 Tbsp. dry white wine
- 1 cup whipping cream
- 1 tsp. Dijon-style mustard
- ¼ tsp. dried thyme, crushed
- ⅛ tsp. pepper
- ¼ cup Oyster House Bread Crumbs (see recipe, page 212) or fine dry bread crumbs

continued on page 212



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the china is her mother's,
and the pie is Mrs. Smith's®.



cause you can taste the care in every bite, for special occasions Mrs. Thurber's pie is
ays *Mrs. Smith's*.® Mrs. Thurber knows that making pies has been Mrs. Smith's specialty
over 75 years. Mrs. Thurber also knows that every Mrs. Smith's pie is made with
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cisely why Mrs. Smith's is a tradition Mrs. Thurber plans to keep in the family for
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Gift recipes

continued from page 213

HAZELNUT CRINKLE COOKIES

In these chewy cookies, the flavor comes from two nutty ingredients—toasted hazelnuts and a creamy hazelnut-chocolate spread. You'll find this dark-colored spread either alongside the peanut butter or in the gourmet foods section of your supermarket.

- 3 cups all-purpose flour
- 2 tsp. baking powder
- ½ tsp. salt
- 1 11-oz. jar chocolate-hazelnut spread
- ¼ cup shortening
- 1⅓ cups granulated sugar
- 1 tsp. vanilla
- 2 eggs
- ⅓ cup milk
- ½ cup chopped, toasted hazelnuts
- Finely chopped hazelnuts (about 2 cups)
- Sifted powdered sugar

In a medium mixing bowl stir together flour, baking powder, and salt; set aside.

In a large mixing bowl combine chocolate-hazelnut spread and shortening; beat with an electric mixer on medium to high speed till combined. Add granulated sugar; beat on medium speed till fluffy. Add vanilla and eggs; beat till combined.

Alternately add flour mixture and milk to creamed mixture, beating on medium speed just till combined. Use a spoon to stir in the ½ cup chopped hazelnuts. Cover and chill for several hours or till firm.

Shape dough into 1- or 1½-inch balls. Roll the balls in finely chopped hazelnuts, then roll in powdered sugar. Place the balls 2 inches apart on a lightly greased cookie sheet. (The cookies will spread and crinkle as they bake.) Bake in a 375° oven for 8 to 10 minutes or till surface is cracked and cookies are set. Cool cookies on a wire rack. Makes about 6 dozen (small) cookies.



Even the person who has everything will love your homemade treats. Clockwise from the top: Peanut Butter Fudge, Double Chocolate-Mint Shortbread, and Hazelnut Crinkle Cookies.

Nutrition facts per cookie: 92 cal., 5 g total fat (1 g sat. fat), 6 mg chol., 30 mg sodium, 11 g carbo., 0 g fiber, 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 1% calcium, and 2% iron.

PEANUT BUTTER FUDGE

An accurate candy thermometer is the key to success with homemade fudge.

- 2 cups sugar
- ½ cup milk
- ⅓ cup creamy peanut butter
- 2 Tbsp. light corn syrup
- 2 Tbsp. butter or margarine
- 1 tsp. vanilla
- ½ cup coarsely chopped honey roasted peanuts
- 1 oz. chocolate-flavored candy coating
- 2 Tbsp. finely chopped honey roasted peanuts

Line a 9x5x3-inch loaf pan with foil, extending the foil over the edges of the pan. Butter the foil; set aside.

Butter the sides of a heavy 2-quart saucepan. In the saucepan combine sugar, milk, peanut butter, and corn syrup. Cook over medium-high heat to boiling, stirring constantly with a wooden spoon to dissolve sugar. This should take about 5 minutes. When stirring, avoid splashing the mixture up the sides of pan.

Carefully clip the candy thermometer to the side of the pan. Cook over medium-low heat, stirring frequently, till the thermometer registers 234°, soft-ball stage. The mixture should boil at a moderate steady rate over the entire surface. Reaching soft-ball stage should take about 8 to 10 minutes.

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No dessert for me, thanks. Dinner was plenty."

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Gift recipes

continued from page 214

Remove the saucepan from the heat. Add the 2 tablespoons butter or margarine and vanilla, but do not stir. Cool, without stirring, to 110°, lukewarm. This should take about 55 minutes.

Remove the thermometer from the saucepan. Using a wooden spoon, beat fudge vigorously till the mixture just begins to thicken. Stir in the ½ cup nuts. Continue beating till the fudge becomes very thick, but is still glossy. This should take 6 to 7 minutes total.

Immediately turn the fudge into the prepared pan; spread evenly to make an even layer. (The candy will lose its gloss after it's turned into the pan.) While fudge is warm, score into 1-inch squares.

When fudge is firm, drizzle with melted chocolate-flavored candy coating; sprinkle with additional peanuts. Use foil to lift it out of the pan. Cut the candy into squares. Store in a tightly covered storage container in a cool, dry place for up to 3 weeks. Makes 45 pieces (about 1½ pounds candy).

Nutrition facts per piece: 70 cal., 3 g total fat (1 g sat. fat), 2 mg chol., 1 mg sodium, 11 g carbo., 0 g fiber, and 1 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, and 0% iron.

DOUBLE CHOCOLATE-MINT SHORTBREAD

So rich, it melts in your mouth!

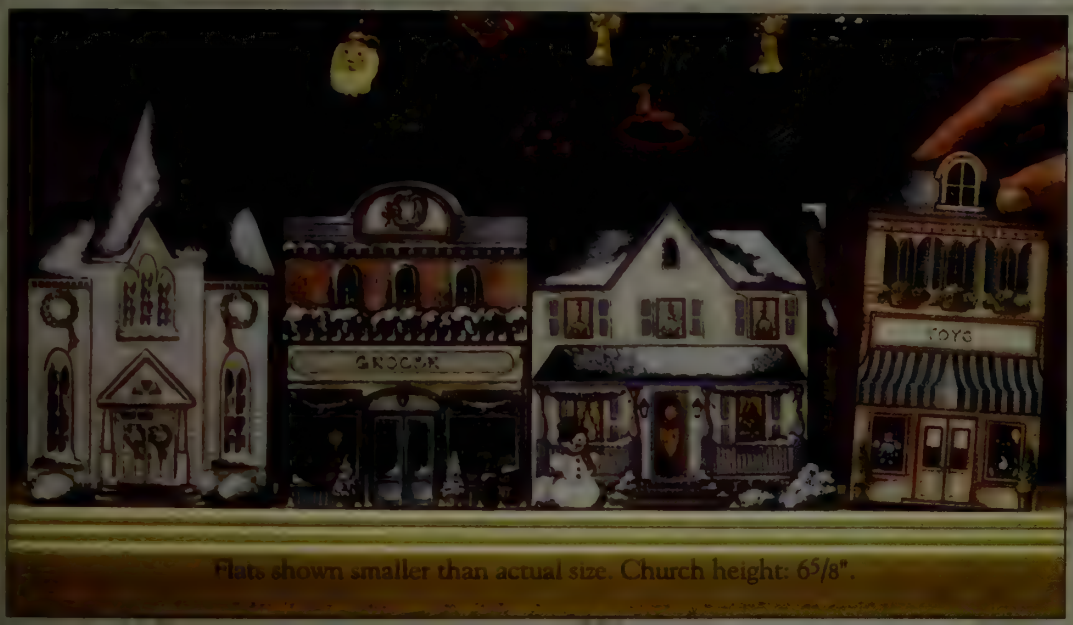
- ¾ cup butter
- 1⅓ cups all-purpose flour
- ¾ cup sifted powdered sugar
- ¼ cup unsweetened cocoa powder
- ¼ tsp. mint extract
- ¾ cup miniature semisweet chocolate pieces
- Chocolate and/or vanilla-flavored green candy coating, melted (optional)
- Crushed mint candies (optional)

continued on page 2

THE COUNTRY VILLAGE FLATS COLLECTION



Now there are two sides to this decorating tradition



Flats shown smaller than actual size. Church height: 6⅝".



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The Country Village Flats Collection is like two collections in one! The front of each building appears just the way it would most of the year. When you turn the flat around, you'll discover the same house has been beautifully decorated for Christmas. Each imported wooden flat is hand cut to portray such architectural details as mansard roofs, church steeples and intricate porch railings. And each has charming touches like shop signs, window displays, hanging plants or window boxes.

The Country Village Flats Collection is available only by subscription from Princeton Gallery. To begin receiving the perfect year-round and holiday collection, mail your Gallery Subscription today!

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Gift recipes

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In a large mixing bowl beat butter with an electric mixer on medium to high speed about 30 seconds or till softened. Add about *half* of the flour, the powdered sugar, cocoa powder, and mint extract. Beat on low speed till combined, then on medium speed till blended. Stir in the remaining flour. Stir in the chocolate pieces. If necessary, chill dough for 1 to 2 hours for easier handling.

On a lightly greased cookie sheet pat the dough into a 9-inch circle. Using your fingers, press to make a scalloped edge. With a fork, prick dough deeply to make 16 wedges.

Bake in a 300° oven about 25 minutes or till edges are firm to the touch and center is set. Let cool for 2 minutes on the baking sheet. With a long, sharp knife, cut along the perforations into wedges. Carefully remove to a wire rack to cool.

If desired, drizzle with melted candy coating; sprinkle with crushed candies before the coating dries. Makes 16 servings.

Nutrition facts per serving: 164 cal., 11 g total fat (5 g sat. fat), 23 mg chol., 87 mg sodium, 14 g carbo., 0 g fiber, 2 g pro. Daily Values: 8% vit. A, 0% vit. C, 4% calcium, 7% iron.

SUGAR COOKIE ORNAMENTS

You might want to bake the cookies a day ahead so your family can enjoy an afternoon of decorating these edible ornaments. To wrap each cookie ornament in a homemade gift box, see the directions, right.

- 1 recipe Vanilla Cutouts (see recipe, right)
- 1 recipe Royal Icing, tinted as desired (see recipe, right)

For 3-dimensional ornaments: Prepare Vanilla Cutouts dough and chill. Working with a fourth of the dough at a time, roll out on a lightly floured surface to ⅛-inch thickness.

Using a sharp paring knife, cookie cutters, or fluted pastry wheel, cut dough into rounds, squares, diamonds, or Christmas tree shapes that are about 3 to 4 inches wide. Make at least two of each shape, as you'll need to put them together later.

Arrange the shapes on ungreased cookie sheets. Cut half of the cookies in half from top to bottom, but do not separate. Using a drinking straw, poke a hole off-center at the top of each whole cookie. Bake in a 375° oven for 8 to 10 minutes or till edges are light brown. Carefully cut halved cookies apart. Transfer to a wire rack, keeping cookie pairs together; cool thoroughly.

For each ornament, decorate cookies (whole and halves) with Royal Icing. Let dry.

To assemble, pipe the icing onto the cut edge of a matching cookie half; attach the cookie half to a whole cookie of the same size and shape; let dry. Add icing; attach the second matching cookie half to the other side of the whole cookie. (For easier handling, you may want to lean the fully assembled ornament against a cup.) Let dry completely. Run a ribbon or yarn through the hole of each cookie; tie, forming a loop large enough for hanging on a tree. Makes about 40 ornaments.

Nutrition facts per ornament: 165 cal., 5 g total fat (3 g sat. fat), 18 mg chol., 91 mg sodium, 29 g carbo., 0 g fiber, 2 g pro. Daily Values: 4% vit. A, 0% vit. C, 1% calcium, 5% iron.

VANILLA CUTOUTS

Enjoy a nibble or two as these come out of the oven. Once assembled as ornaments, you'll probably find the cookies and frosting too firm to eat.

- 4 cups all-purpose flour
- 1 tsp. baking powder
- ¾ tsp. ground cardamom
- ½ tsp. salt
- 1 cup margarine or butter
- 1 cup sugar
- ½ cup light corn syrup
- 1 tsp. vanilla
- 1 beaten egg

In a medium mixing bowl stir together flour, baking powder, cardamom, and salt; set aside.

In a saucepan combine margarine or butter, sugar, and corn syrup. Cook and stir over medium heat till margarine is melted and sugar is dissolved. Pour into a large mixing bowl. Stir in vanilla. Cool 5 minutes.

Add egg; mix well. Add flour mixture to egg mixture; mix well. Divide dough in half. Cover and chill at least 2 hours or overnight. (If the dough chills overnight, let stand for 5 to 10 minutes at room temperature before rolling.) Continue as directed for Sugar Cookie Ornaments (see directions, left).

ROYAL ICING

Thanks to meringue powder, this frosting "glues" the cookie ornament pieces together. Look for the powder among candymaking supplies, or check at a local candy shop.

- 3 Tbsp. meringue powder
- 6 Tbsp. warm water
- 1 16-oz. pkg. powdered sugar, sifted
- 1 tsp. vanilla
- ½ tsp. cream of tartar

In a large mixing bowl combine meringue powder and warm water. Beat lightly with a fork till combined. Add powdered sugar, vanilla, and cream of tartar. Beat with an electric mixer on high speed for 7 to 10 minutes or till very stiff. Use immediately. As you work, cover the bowl with wet paper towels to prevent the icing from getting too firm. Makes about 3 cups.

DECORATED GIFT BOX

Cover a plain box (about 6 inches square without lid) with decorative paper. Using double-faced tape, adhere paper lace doilies to the sides of the box, allowing the doily ends to extend over the top of the box. You can fold the doily over the top of the box to act as a lid. Loosely stuff the box with tissue paper before carefully adding the ornament.

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It's 100% fat-free

and bursting with

the flavors of soy sauce,

savory onion and garlic.

Swanson® Oriental Chicken & Vegetable Stir-Fry

Prep Time: 15 min. Cook Time: 25 min.

1 lb. skinless, boneless chicken breasts, cut into strips

1 can Swanson® Oriental Broth

5 cups cut-up vegetables (celery, broccoli, carrots, green onions)

2 tbsp. cornstarch

1. In nonstick skillet over medium-high heat, stir-fry chicken in 2 batches until browned. Set chicken aside.
2. Add 3/4 cup broth and vegetables. Heat to a boil. Cover and cook 5 min. or until vegetables are tender-crisp.
3. Mix cornstarch and remaining broth. Add to pan. Cook until mixture boils and thickens, stirring constantly. Return chicken to pan. Heat. Serve over rice. Serves 4.

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Beans About Vanilla

Great chefs of Europe treasure the elite vanilla bean. But, it's the liquid form most home cooks reach for to add flavor to their recipes.

Today vanilla beans are in fashion. Trendy cooks agree it's worth the bit of extra work and extra pennies to enjoy their rich and fruity flavor. The difference between vanilla beans and extract or imitations can be as dramatic as a fine French perfume instead of toilet water.

Vanilla is a product of a unique orchid that blooms for a single day and cannot be pollinated by insects; it takes a human helper. These prized pods, grown mainly in Madagascar, are so valuable that they're branded on the vine to deter vanilla rustlers. At harvest the vanilla bean has no flavor at all; it takes a scalding bath, days of sunning, and then lengthy curing to develop it. Vanilla extract is a pure extract of the bean, made much the same way coffee is percolated. Vanillin, however, is a chemical produced artificially for imitation vanilla.

TO BEAN OR NOT TO BEAN?

If you're unsure how to use the bean you've purchased, vanilla sugar is one easy option. The simple act of burying a whole bean in a canister of sugar can add new dimensions to your baked goods, beverages, and desserts. Let the sugar ripen for a week or two; then, as you use the scented sugar in your favorite recipes, replenish with fresh sugar, and every so often freshen with a new bean.

To use the bean in custards and hot beverages, split it lengthwise with a knife and heat it in liquid to release its flavor. Or, you may simply scrape the seeds from the inside the bean directly into the cooking liquid to achieve more flavor in recipes that call for vanilla.

You can find vanilla beans packaged singly in clear tubes in the spice section of supermarkets and the specialty cooking shops.



Vanilla beans may appear costly, but th flavor they add is worth the extra pennies.

This has fat.



This has none.



VANILLA BEAN CUSTARD SAUCE

Use this classic custard sauce to dress up a fresh fruit compote and to accompany gingerbread or angel food cake. It's also a classy component of a trifle or tiramisu pudding.

- 1⅓ cups half-and-half, light cream, or whole milk
- 1 vanilla bean, split lengthwise, or 1 tsp. vanilla
- 2 egg yolks
- ⅓ cup sugar
- 1 Tbsp. amaretto, orange liqueur, or other desired liqueur (optional)

In a 1½ quart saucepan bring cream or milk and, if using, vanilla bean just to a simmer, stirring frequently. Remove the pan from heat.

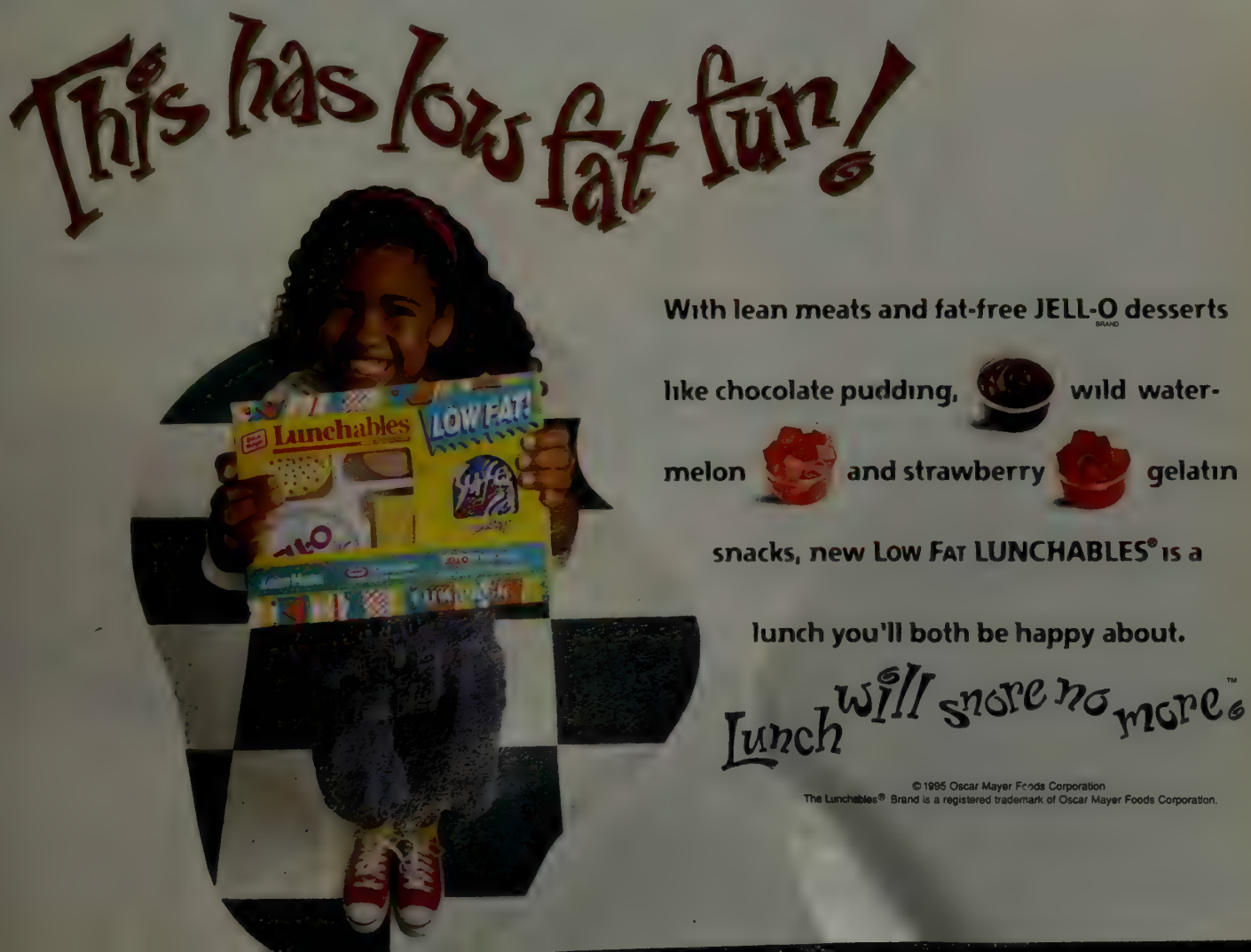
In a medium bowl gradually stir ¼ cup of the hot liquid into the egg yolks; add sugar. Beat the custard mixture with an electric mixer on high speed for 2 to 3 minutes or till it turns thick and lemon colored. Gradually stir about half of the remaining liquid into the egg yolk mixture. Return all to the saucepan. Cook and stir over medium heat just till mixture bubbles.

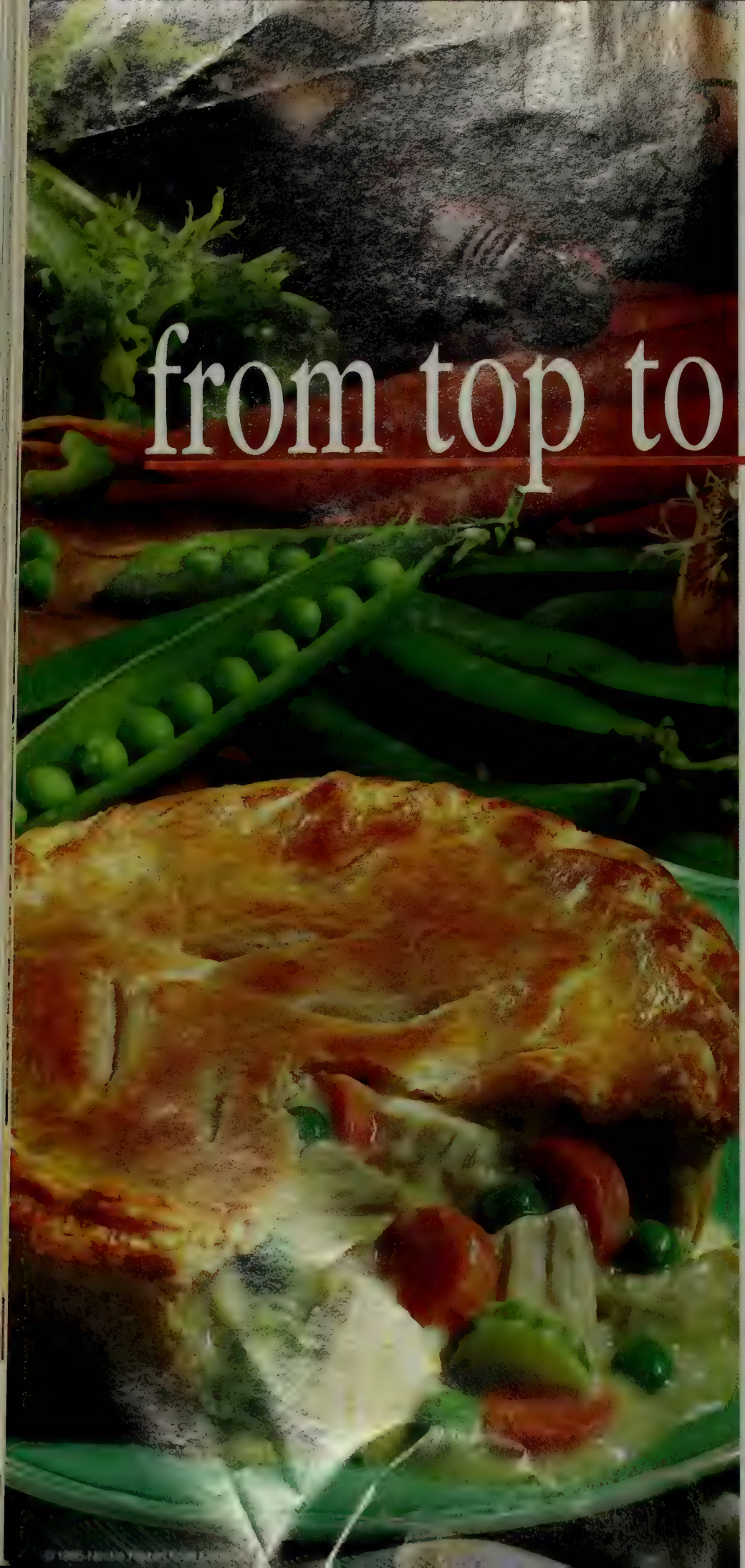
Remove from heat. Remove and discard vanilla bean, if using. Add liquid vanilla, if using, and liqueur. Serve immediately or transfer to a clean bowl. Cover surface with plastic wrap; chill in the refrigerator till needed. Makes about 1⅔ cups.



This versatile vanilla sauce, served chilled or warm, transforms a simple fruit cup into company fare.

Nutrition facts per tablespoon: 31 cal., 2 g total fat (1 g sat. fat), 21 mg chol., 6 mg sodium, 3 g carbo., 0 g fiber, and 1 g pro. Daily Values: 4% vit. A, 0% vit. C, 0% calcium. ⌂





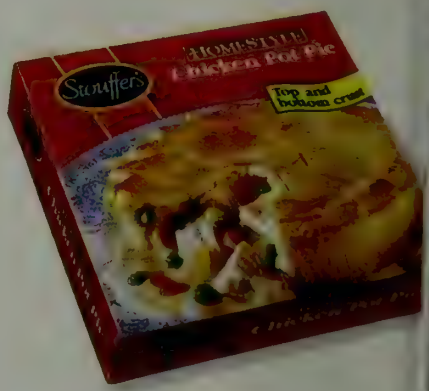


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and everything in between
is delicious, too."
Maureen Hollerieth

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FOOD by Lisa Holderness

Chocolate Silk

French Silk pie shot into stardom in the '50s when the judges of the third Pillsbury Bake-Off contest crowned it a top winner. Ever since, this decadent pie has jolted the sweet tooths of chocoholics everywhere.



TODAY'S FRENCH SILK PIE

Through the years, one major change has been made to this famous recipe; the pie now has a cooked filling to guard against possible food poisoning associated with raw eggs. Yet, the silky richness of the original recipe still remains.

1 cup whipping cream
1 6 oz. pkg. semisweet chocolate pieces
⅓ cup butter
½ cup sugar
2 beaten egg yolks
3 Tbsp. crème de cacao or whipping cream
1 baked 8- or 9-inch pastry shell
Whipped cream or pressurized whipped dessert topping (optional)
Chocolate curls or miniature chocolate pieces (optional)

In a heavy 2-quart saucepan combine the 1 cup whipping cream, chocolate pieces, butter, and sugar. Cook over low heat, stirring constantly, till chocolate is melted. This should take about 10 minutes. Remove saucepan from heat.

Gradually stir about half of the hot mixture into the beaten egg yolks. Return egg mixture to saucepan. Cook over medium-low heat, stirring constantly, till mixture is slightly thickened and nearly bubbly. This should take 3 to 5 minutes. Remove saucepan from heat. (Mixture may appear to separate.)

Stir in crème de cacao or whipping cream. Place saucepan in a bowl of ice water; stir occasionally till mixture stiffens and becomes hard to stir (20 minutes). Transfer chocolate mixture to a medium mixing bowl.

Beat the cooled chocolate mixture with an electric mixer on medium to high speed for 2 to 3 minutes or till light and fluffy. Spread filling in a baked pastry shell. Cover and chill pie about 5 hours or till set, or for up to 24 hours.

At serving time, top each serving with whipped cream and sprinkle with chocolate curls or miniature chocolate pieces, if desired. Makes 10 servings.

Nutrition facts per serving: 379 cal., 28 g total fat (9 g sat. fat), 75 mg chol., 136 mg sodium, 31 g carbo., 0 g fiber, 3 g pro. Daily Value: 24% vit. A, 0% vit. C, 2% calcium, 8% iron.

COMSTOCK

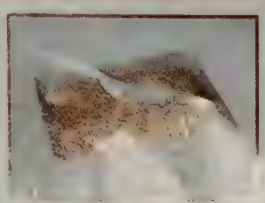
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Here's a way to turn an old standby into a new sensation as easy as 1-2-3. All you have to do is follow this simple-to-make recipe and use our fabulous fruit filling, and you'll get ooohs and aaahs with ease.

EASY 3-STEP BLACK FOREST BROWNIES A LA MODE







1. Let cool, cut into squares. Top with vanilla ice cream and spoonful of remaining ock Cherry

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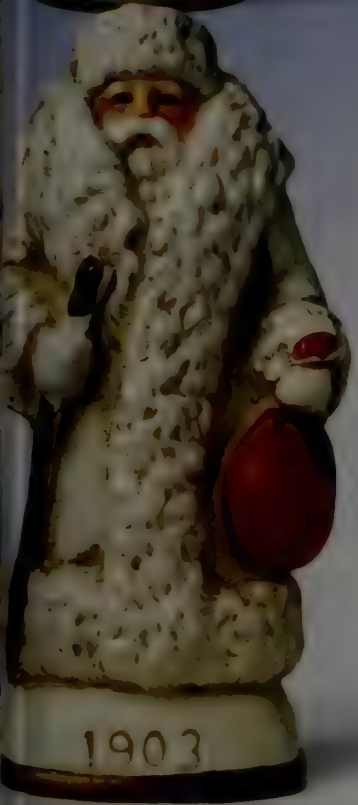
Santas from around the world...and through the years



1898. Hello Santa!

From a Thomas Nast painting (1874) and a cardboard ornament

Inspired by Christmas cards from Prague (1897) and Germany (1893).



Shown smaller than actual size of approx. 4" high.

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His garments have changed from decade to decade. His name varies from country to country. But the spirit of old St. Nicholas has remained ever the same.

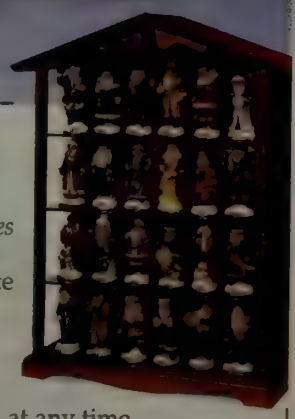
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FOOD by Julia Malloy

Posh Squash

They're bumpy and lumpy, striped and plain, and come in riotous shades of green, gold, orange, and tan. In fact, winter squash can be so downright ugly, you'd never guess these characters hide sweet, succulent flesh beneath their hardened shells.

The shell for each type of squash has a distinct shape and color, but the meat inside is similar enough to be used interchangeably in recipes. The flesh of winter squash is firmer than that of summer squash (such as zucchini), so it takes longer to cook. You can roast plain squash alongside meat in your oven, as in the Cider-Roasted Squash recipe. Or, to speed up the process, steam or micro-cook squash halves and add one of our simple sauces.

STRIKING GOLD

Some of the more common winter squash varieties include acorn, banana, butternut, delicata, golden nugget, Hubbard, turban, and sweet dumpling. Look for squash that is heavy for its size and brightly colored for the variety. Avoid squash with dull or shriveled skin, soft spots, bruises, cracks, or uncharacteristic discoloration. Store winter squash for up to 10 days in a cool, dry place.

BAKE, STEAM, OR MICRO-COOK

Wash, halve, and remove seeds from one 1- to 1½-pound winter squash. Bake, micro-cook, or steam as directed. One pound of unpeeled, uncooked squash equals about 2 cups of cooked pulp, enough for 4 servings.

To bake: Place squash halves, cut side down, in a baking dish. Bake in a 350° oven for 30 minutes. Turn cut side up. Bake, covered, for 25 minutes more or till tender.

To micro-cook: Prick squash skin. Place halves, cut side down, in a baking dish with 2 tablespoons water. Micro-cook, covered, on 100% power for 6 to 12 minutes or till tender, rearranging once.

To steam: Cut peeled squash into chunks. Place in a steamer basket in a Dutch oven. Cover and steam over boiling water for 10 to 15 minutes or till tender.

SAUCE THAT SQUASH

Orange-Glazed Squash: In a small saucepan melt 1 tablespoon margarine or butter. Stir together 1 tablespoon brown sugar, 1 teaspoon cornstarch, ¼ teaspoon finely shredded orange peel, and ⅓ cup orange juice. Stir into melted margarine or butter. Cook and stir till thickened. Cook and stir 2 minutes more. Serve over squash.

Caramelized Squash: In a saucepan stir together 1 tablespoons brown sugar, 1 tablespoon margarine or butter, 2 teaspoons water, and a dash ground cinnamon. Cook and stir till bubbly. Serve over squash.

continued on page 23



CIDER-ROASTED SQUASH

Some winter squash are easier to peel than others. For acorn and other ridged squash, bake with the peel on, then remove it after cooking.

- 8 cups peeled, seeded winter squash, cut into 1-inch cubes
- 1 medium onion, cut into wedges
- ¼ cup apple juice or cider
- 2 Tbsp. olive oil or cooking oil
- 1 Tbsp. brown sugar
- ½ tsp. salt
- ¼ tsp. pepper
- ½ tsp. ground nutmeg or ginger

In a greased 3-quart rectangular baking dish combine squash and onion. Combine juice or cider, oil, brown sugar, salt, pepper, and spice; pour over vegetables. Bake, uncovered, in a 450° oven about 35 minutes or till tender, stirring twice. Makes 6 side-dish servings.

Nutrition facts per serving: 101 cal., 4 g total fat (1 g sat. fat), 0 mg chol., 140 mg sodium, 19 g carbo., 3 g fiber, and 1 g pro. Daily Values: 99% vit. A, 37% vit. C, 5% calcium, and 6% iron.


What do you remember most about growing up?
First pet. First responsibility. But you came through. Sure, he got ahold of your best doll once or twice. Or maybe that box of raisins you set down for a moment. Still, those were minor setbacks compared to what you learned. Like how to raise and feed a little one. And how to give unconditional love. In other words, the kinds of things it takes to be a Mom.
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OCTOBER 3

Posh Squash

continued from page 230

WINTER SQUASH



Acorn: Shaped like an acorn, this squash has a deeply grooved shell. The skin may be deep green, gold, or white. The sweet flesh is orange to off-white, slightly dry, and fibrous.

Australian Blue: Named for its bluish-green hard shell, the Aussie is big and square. Its flesh is deep orange and sweet.

Banana: Some say this cylindrical yellow or ivory squash resembles a banana. It is so large that it is usually sold in pieces. The meat is golden, hearty, and slightly dry.

Buttercup: Sweet, pale-yellow meat gives this squash its name. The shell, deep green with gray stripes, has a flat bottom and a round cap on top.

Butternut: This is a long, tan, smooth-skinned squash with a bulbous end. Its deep orange meat has a sweet, nutty flavor and a rich and creamy texture.

Carnival: A cross between a sweet dumpling squash and a green table queen squash, carnival squash has orange flesh and a sweet flavor.

Delicata: This long, slender squash with a bumpy skin resembles a cucumber, except its shell is pale yellow or orange with streaks of green or orange. Its yellow mea has a mild, cornlike flavor.

Golden Nugget: Often confused with the min pumpkin, this small orange pumpkinlik squash has a slightly sweet flavor.

Hubbard: This large, irregularly shape squash has a gray, green, or golden she and orange meat that is rich in flavor.

Jack-Be-Little: These miniature pumpkins hav mildly sweet orange meat.

Kabocha: Imported from Japan, this varie has a pumpkin-like shape and a pa green-gray or orange shell. Its golde flesh tastes rich and smooth.

Turban: The small knobs on top give th round, flat-bottomed squash its name. Th shell is usually bright orange with gre or white streaks. The meat is orang sweet, and rich in flavor.

Sweet Dumpling: Shaped like a flat pumpk with a streaked white and green shell, th midget-size squash has sweet, yellowis orange flesh inside.

Table Queen: It looks like acorn squash, bu this variety may have deep golden or d green skin. The yellow flesh is sweet ar rich tasting.



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cleanup, and baking batch after batch of holiday treats. **One more reason, Reynolds has it all wrapped**

Reynolds

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FOOD

The New Turkey Roasting Guide



Before you pop that turkey into the oven, read this. New research says that we don't have to cook our favorite holiday bird as long as we used to. The meat of today's birds cooks faster, and thus, is moister. Check our new timings.

BUYING THE BIRD

With a bird that weighs 12 pounds or less, allow 1 pound for each serving. If the bird weighs more than 12 pounds, count on ¾ pound of turkey for each serving. For turkey breasts, figure ½ pound per person.

THAWING FAST AND SAFE

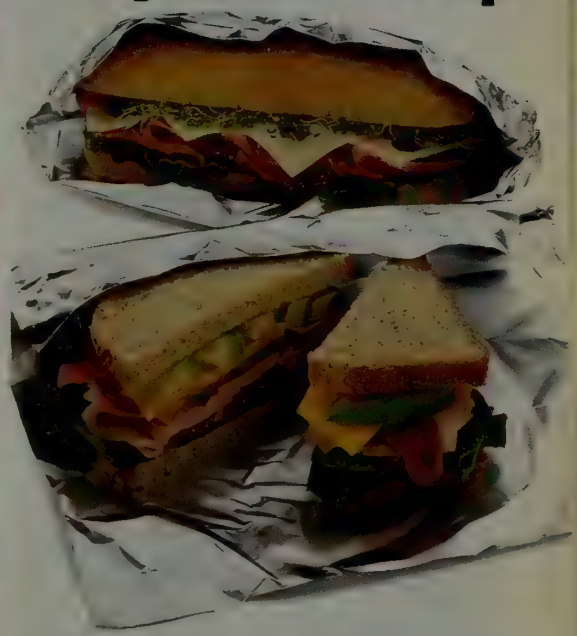
To thaw a whole frozen turkey, place the wrapped frozen bird on a tray in the refrigerator for 1 to 5 days. (Allow 24 hours for every 5 pounds.) Or, place it in a sink of cold water. Change the water every 30 minutes. (Allow 30 minutes per pound.) Do not thaw at room temperature or in warm water. Once the bird is thawed, remove the giblets and neck piece from the cavities. Rinse and pat dry with paper towels. Do not stuff the bird until you're ready to roast it.

STUFF IT LOOSELY

Just before roasting, spoon some stuffing loosely into neck cavity. Pull the neck skin over stuffing; fasten to back with a short skewer. Loosely spoon the stuffing into the body cavity; do not pack. Spoon any remaining stuffing into a casserole; cover and chill till ready to roast. Tuck drumsticks under band of skin that crosses tail (or tie legs with string). Twist the wing tips under the back. If you prefer not to stuff the turkey, place quartered onions and celery in the body cavity. Pull the neck skin to

continued on page 237

Out-Of-The-Bag Sandwiches From Reynolds Wrap.



These hearty sandwiches are too much for a sandwich bag. So wrap them fresh and tight in Reynolds Wrap® aluminum foil.

NUTTY HAM AND CHEESE

- 1 sub roll (8-inch), split
- 3 Tbsp cream cheese, softened
- 2 Tbsp coarsely chopped pecans
- 2 Tbsp chopped green onion
- ⅛ tsp garlic salt
- 2 leaves curly lettuce
- 4 oz sliced ham
- 2 slices Swiss cheese, halved diagonally
- ⅓ cup alfalfa sprouts
- Reynolds Wrap aluminum foil

Combine cream cheese, pecans, green onion and garlic salt; spread on roll. Layer ingredients in order listed. Wrap in Reynolds Wrap aluminum foil.

SMOKEHOUSE CALIFORNIAN

- 2 slices whole grain bread
- 2 Tbsp mayonnaise
- 1 Tbsp thick & chunky salsa, drained
- 6 fresh spinach leaves
- 2 slices tomato
- 3 oz sliced smoked turkey
- 2 slices Cheddar cheese
- 2 slices cooked turkey bacon
- ½ medium avocado, sliced
- Reynolds Wrap aluminum foil

Combine mayonnaise and salsa; spread on bread. Layer ingredients in order listed. Wrap in Reynolds Wrap aluminum foil.

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Reynolds has it all wrapped up.



Did you know chocolate chips dream in color?



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Jumbles

A cookie chock-full of "M&M's" Baking Bits, raisins and nuts with just enough dough to hold it all together.

- 1/2 cup (1 stick) butter or margarine (not spread)
- 1/2 cup granulated sugar
- 1/4 cup firmly packed light brown sugar
- 1 large egg
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 12 ounce package (1 3/4 cups) "M&M's"® Semi-Sweet or Milk Chocolate Baking Bits
- 1 cup raisins
- 1 cup chopped walnuts

Preheat oven to 350°F. In a bowl beat butter and sugars until light and fluffy; add egg. Combine flour and baking soda; blend into creamed mixture. Stir in "M&M's"® Chocolate Baking Bits, raisins and nuts. Drop rounded tablespoonfuls of dough (1 1/2 inch balls) about 2 inches apart onto greased cookie sheets. Bake 13 to 15 minutes. Cool 2 to 3 minutes on cookie sheets before transferring to wire racks to cool thoroughly. Store in tightly covered container. MAKES ABOUT 32 COOKIES.

Contact us by phone 1-800-627-7852, or on the Internet http://www.baking.M Ms.com

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Holiday Meals

This holiday season try a new and versatile recipe, like the following from Better Homes and Gard advertisers. You can also order two Better Homes and Gardens® cookbooks at a big discount!

Look for these Better Homes and Gardens® advertisers on the following pages in this issue:

Heinz® Chili Sauce 206
Heinz® Gravy Sauce 204
Libby's Pumpkin 203

Leek and Pecan Stuffing

- 2 cups thinly sliced leeks (white portion)
- 1/2 cup chopped onion
- 1/2 cup shredded carrot
- 1/2 cup butter
- 1/2 cup snipped parsley
- 1 tsp. dried marjoram, crushed
- 1/4 tsp. dried thyme, crushed
- 1/4 tsp. pepper
- 8 cups dry bread cubes
- 1 cup toasted pecans, chopped
- 6 slices bacon, crisp-cooked, drained, and crumbled
- 3/4 to 1 cup chicken broth

In a medium saucepan cook leeks, onion and carrot in butter until tender but not brown; remove from heat. Stir in parsley, marjoram, thyme and pepper; set aside. In a large bowl combine bread cubes, pecans and crumbled bacon. Add leek mixture. Drizzle with enough broth to moisten, tossing lightly until well mixed. Use to stuff an 8- to 10-pound turkey.

Pumpkin Nut Bread

- 3 1/4 cups all-purpose flour
- 3/4 cup quick or old-fashioned rolled oats
- 2 tsp. baking soda
- 1 1/2 tsp. pumpkin pie spice
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 3 eggs
- 1 3/4 cups granulated sugar
- 1 can (15- or 16-oz.) LIBBY'S Solid Pack Pumpkin
- 1 1/2 cups granulated sugar
- 1 1/2 cups packed brown sugar
- 1/2 cup water
- 1/2 cup vegetable oil
- 1/2 cup Carnation® Evaporated Milk
- 1 cup chopped walnuts

Combine flour, oats, baking soda, pumpkin pie spice, baking powder and salt in large bowl. Beat eggs, pumpkin, sugars, water, oil and evaporated milk in large mixer bowl on medium speed until combined. Beat flour mixture into pumpkin mixture on low speed until blended; stir in nuts. Spoon into 2 greased 9x5x3-inch loaf pans. Bake in preheated 350°F oven for 65 to 70 minutes or until wooden pick inserted in center comes out clean. Cool in pans for 10 minutes; remove to wire racks to cool completely. Makes 2 loaves.

NOTE: For mini loaves, prepare as directed and pour batter into 6 greased 5 5/8x3 1/4-inch min pans. Bake for 40 to 45 mi or until wooden pick insert center comes out clean.

Zesty Seafood Spre

- 1 package (8 oz.) reduc fat cream cheese, soft
- 1/4 cup HEINZ® Chili Sa
- 1 tsp. lemon juice
- 1/4 to 1/2 tsp. hot pepper sa
- 1 cup chopped, cooke seafood (shrimp, crab sea legs)
- 4 sliced green onions, including some tops
- 1/4 cup finely chopped red sweet pepper
- 1/4 cup finely chopped c

Thoroughly combine cheese, chili sauce, lemo and hot pepper sauce. seafood, onions, bell pep celery. Serve with cr bagel chips or pita crisps about 2 cups.

Potato Topped Mea

- 1 jar (12 oz.) HEINZ® HomeStyle Brown Free Beef Gravy
- 1 1/2 lbs. lean ground be
- 1 cup soft bread crun
- 1/4 cup finely chopped
- 1 egg, slightly beater
- 1/2 tsp. salt
- Dash pepper
- 2 1/2 cups hot mashed p
- 1 Tbsp. melted butte margarine
- Paprika

Measure 1/4 cup gravy Combine beef with crumbs, onion, egg, salt per. Shape into a loaf 1 1/2") in shallow baking in 350°F oven for 60 Remove from oven and drain fat. Spread pota top and sides of m Drizzle melted butter toes; garnish with Return meat loaf to o an additional 20 mir stand 5 minutes. Heat gravy and serve with slices. Makes 6 serving

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The New Turkey Roasting Guide

continued from page 235

NEW TURKEY ROASTING GUIDE

Type of turkey	Ready-to-cook weight	Oven temperature	Roasting time
Stuffed whole turkey *(open roasting)*	8 to 12 lbs.	325°	3 to 3½ hours
	12 to 14 lbs.	325°	3½ to 4 hours
	14 to 18 lbs.	325°	4 to 4¼ hours
	18 to 20 lbs.	325°	4¼ to 4¾ hours
	20 to 24 lbs.	325°	4¾ to 5¼ hours
Stuffed whole turkey *(in oven cooking bag)*	12 to 16 lbs.	350°	2½ to 3 hours
	16 to 20 lbs.	350°	3 to 3½ hours
	20 to 24 lbs.	350°	3½ to 4 hours

For unstuffed turkeys of the same weight, reduce the total cooking time by 15 to 30 minutes.

back; fasten with a short skewer. Tuck drumsticks under the band of skin that crosses tail. If there isn't a band, tie drumsticks to tail. Twist the wing tips under the back.

TWO-WAY ROASTING

Oven Roasting: Place unstuffed or stuffed turkey, breast side up, on a rack in a shallow pan. If desired, brush with cooking oil. Place a meat thermometer into the center of an inside thigh muscle so the bulb does not touch the bone. Cover turkey loosely with foil, leaving some space between the bird and foil. Press foil over drumsticks and neck. Roast in a 325° oven till meat thermometer registers 180°. The stuffing should be at least 165°. The meat should be tender and the juices should run clear when a thigh is pierced with a fork. During roasting, if desired, baste the bird with drippings occasionally. When turkey is two-thirds done, cut the skin or string between drumsticks. Remove the foil the last 30 to 45 minutes to let the bird brown. Remove the turkey from the oven and cover loosely with foil. Let stand for 20 minutes before carving.

Roasting in an oven cooking bag: In a turkey-size oven cooking bag shake 1 tablespoon all-purpose flour. (The flour prevents the oven bag from bursting.) Add the dressed bird to the oven bag. Place the bird, breast side up, in a large 2-inch-deep roasting pan. Close the oven bag with a nylon tie. With a sharp knife, cut six ½-inch-long slits in the top of the oven bag to allow steam to escape. Insert a meat thermometer into a thigh muscle through a slit in the bag. Roast in a 350° oven till the meat is 180° and stuffing is 165°.

TURKEY QUESTIONS?

Get answers to your turkey roasting questions by calling any of the following hot lines during the holiday months: Meat and Poultry Hot Line: 800/535-4555 (or in Washington, D.C., call 202/720-3333); Butterball Turkey Talk-Line: 800/323-4848 ,800/TDD-3848 for the hearing- or speech-impaired); and Reynolds Turkey Tips Line: 800/745-4000.

It's not as much trouble as setting the time on your alarm clock.



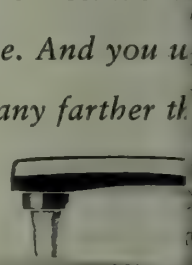
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PLACING YOUR ORDER

Verify that the mail-order company is reliable. Ask friends if they've used the company or call the Better Business Bureau where the company is headquartered.

Clarify the costs of shipping, including any rush charges.

Make sure your order will be packed appropriately for shipping. For foods that require refrigeration, see that the outer wrapping will be marked as perishable.

Get a guarantee on the length of time the food can be in transit. If delivery takes longer than expected, question the safety of the food. If the late delivery results in any food spoilage and is the fault of the mail-order company or delivery service, call the company for a refund.

Give the right address. It's usually not a good idea to send perishable foods to an office, where adequate refrigeration may be unavailable.

Time the delivery so someone can refrigerate foods immediately. Verify the arrival with the recipient.

Find out if a guarantee is offered and, if so, whether it has any restrictions. An unconditional guarantee is best because it lets you return unsatisfactory merchandise at any time.

Ask if there is a toll-free line and its hours of operation so you can check on your order.

Write down your order number in case you have any questions about your order later.

RECEIVING FOOD BY MAIL

Store food immediately after it arrives. Check the label to see if the food needs refrigerating or freezing. If you think any perishable foods have gotten too warm, call the company and discard the food.

Refrigerate the following: fresh meats, most hams, most semidry sausages, smoked or fresh poultry, fresh caviar, live lobster, smoked salmon or fresh fish, cheese or other dairy products, and cheesecake (which should arrive fully frozen).

Don't assume that a smoked food is safe to store at room temperature. The term smoke may refer to smoky flavoring, not to precooking or curing.

Be sure that vacuum-packed foods are properly chilled.

Frozen meat, poultry, or fish should be hard in the middle.

If you have questions concerning the safety of any mail-order foods, call the United States Department of Agriculture Meat and Poultry Hotline at 800/535-4555.

When you receive food in poor condition, alert the company. Should you be dissatisfied with the response from the mail-order company, send a letter and documentation to the Mail Order Action Line, Direct Marketing Association, 1111 19th Street, Washington, DC 20036. The association will try to rectify the problem.



NOW!
BOW TIES

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Pasta & Sauce

Italian Cheese



The delicately seasoned taste of Lipton Pasta & Sauce makes good things happen at dinner. Try these two menus for Italian night at your house, with our new Italian cheese flavor. Why not make it tonight?

Tastes Too Great To Wait.

ight's Delights



ked Pork Chops With Corn Relish

chops, about 1 in. thick; 1 egg, beat-
cup seasoned dry bread crumbs; 1 pkg.
) frozen corn, thawed; 1 jar (7 oz.)
d red peppers, drained and chopped;
Wish-Bone Italian Dressing; 1 tbsp.
d fresh parsley (opt.). Dip chops in
en crumbs, coating well. Place
9-in. baking pan sprayed
ystick cooking
Bake uncov-
375°
minutes or
until done. In bowl,
combine remaining ingredi-
ents. Heat or serve at room tempera-
over chops. Serve with Lipton Pasta &
-Italian Cheese and steamed broccoli
about 4 servings.



Ham & Bow Tie Dinner

s water; ½ cup milk; 1 tablespoon mar-
r butter; 1 package Lipton Pasta
e–Italian Cheese; 1 cup cut-up cooked
chicken; 1 cup diced cooked zucchini
n cut green beans, thawed; 1 cup
omato halves or chopped tomato.
um saucepan, bring water, milk and
e to the boiling point. Stir in Pasta
e–Italian Cheese and continue boiling
ed um heat, stirring occasionally,
tes. Stir in remain-
ents. Continue
2 minutes or until
tender and ham is
through. Makes
servings. Finishing
s: Serve with a
green salad and
tics.



nutrition information

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

NUTRITION FACTS WITH EVERY RECIPE

With each recipe in the magazine, we give important nutrition facts. To use this helpful information, first check the yield or the number of servings suggested in a recipe. Then refer to the nutrition facts, which are based on each serving. You'll find the calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein. You can also check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Value. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA). You can use our analyses as well as the nutrition facts that appear on food labels to chart the nutrition value of the foods you eat.

HOW WE ANALYZE

Each recipe serving is computer analyzed in our Test Kitchen.

- The analyses does not include optional ingredients.
- We use the first serving size listed when a range is given (such as "makes 4 to 6 servings").
- When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over another.
- When milk is an ingredient in a recipe, the analysis is calculated using two-percent milk.

WHAT YOU NEED

The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive to eat each day. As your calorie levels change, adjust your fat intake too, so you can keep the percentage of calories from fat to no more than 30 percent. There's no real harm in going over or under these guidelines in any single day, but it's a good idea to aim for a balanced diet over time.

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams

advertisement

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10 SECOND PRIZES
Better Homes and Gardens®
Favorite Recipes From Country Inns
Cookbook

HOW TO ENTER
It's easy. Mail in your recipe, using Jimmy Dean Sausage, a UPC symbol from Jimmy Dean Sausage and a card with your name, address and daytime phone number.

Official Rules
1. To enter, fill out a card including your name, address and daytime phone number and mail it, along with your recipe using Jimmy Dean Sausage and a UPC symbol from Jimmy Dean Sausage, to The Jimmy Dean Sausage Great American Recipes Cooking Contest, 1716 Locust Street, LS236, Des Moines, IA 50309-3023. All recipes must be typed or neatly printed. Residents of AZ, MD and VT need not send UPC code. 2. By submitting a recipe, entrant warrants that the recipe is original and unpublished. Entries must be received by December 31, 1995. Winners will be selected on or about February 29, 1996. Winners will be notified by mail. No responsibility is assumed for lost, late or misdirected entries. 3. Entrants must be U.S. residents, 18 years and older. Employees of Meredith Corporation, Jimmy Dean Foods, Sara Lee Corporation, and their agents, affiliates, subsidiaries and families are not eligible. 4. All entries and materials submitted become the property of Jimmy Dean Foods and will not be returned or acknowledged. All rights, title and interest, including copyright rights belong to Jimmy Dean Foods, except where prohibited by law. Winners will agree in writing to the use of their name, photo and recipe in any form for public promotion or trade purposes by Jimmy Dean Foods and/or its agencies, without additional compensation except where prohibited by law. Jimmy Dean Foods and its agencies have the right to modify, adapt, edit and publish the recipes in whatever form they decide. 5. Entries will be judged on originality, taste, clarity of instructions, and use of Jimmy Dean Sausage. Judging will be conducted by the *Better Homes and Gardens* Test Kitchen. The decision of the judges will be final. 6. One First Prize winner will be selected and will receive a gift certificate good at any inn in the Independent Innkeepers' Association network (valid for 2 years after received). Accommodations subject to availability and advance notification required (retail value $500). Ten Second Prize winners will be selected and will receive a copy of the *Better Homes and Gardens Favorite Recipes from Country Inns* cookbook (retail value $19.95). 7. Winners will be required to sign an Affidavit of Eligibility, Release and Assignment within 10 (ten) days of notification. 8. Subject to all federal, state and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners. 9. For prize winner list (available after February 29, 1996), send a separate self-addressed, stamped envelope to: *Better Homes and Gardens*, Jimmy Dean Great American Recipes Cooking Contest, 125 Park Avenue, New York, New York 10017.

Taste that Country Goodness

Jimmy Dean

FOOD

Baking Pies Like Grandma's

Remember the pies Grandma used to make? Of course you do—that's why you're weeping. Well, dry your eyes and get out the rolling pin. Those flaky crusts and picture-perfect fillings can be yours. Let the proficient pie ladies of our Test Kitchen fill Grandma's role. Here are their tips, gleaned from years of rolling with the punches.

PASTRY

• Measure accurately. Too much flour makes pastry tough. Too much shortening makes it greasy and crumbly, and too much water turns it tough and soggy. Sprinkle flour-shortening mixture with 1 tablespoon of water at a time.

• For a crust that will be baked, select a glass or dull metal pan. Use shiny metal pans, which keep crusts from browning properly, only for unbaked crumb crusts.

• For a perfectly fluted rim, hook the fluted edge over the side of the pan all the way around the pan, or press each flute firmly against the rim. To keep the edge from browning, cover rim of crust with foil during the first part of baking.

• For a prettier double-crust pie, brush the unbaked top with milk, water, or melted margarine or butter, then sprinkle lightly with sugar. Or brush the unbaked top with a beaten egg or milk and skip the sugar.

FRUIT FILLING

• Packaged frozen fruit comes ready to use; just toss the frozen fruit with the sugar-flour mixture, then let the mixture stand for 15 to 30 minutes or till the fruit is partially thawed but still icy before proceeding.

• To avoid messy spills in your over set the pie pan on a baking sheet.

CUSTARD FILLINGS

• To avoid spilling the filled shel place pie shell on the oven rac before adding filling.

• To check for doneness, gent shake the pie. If the liquid area in th center is smaller than an inch, the p is done. The filling will continue set after you remove the pie from th oven. Or, insert a knife near the pi center. If it comes out clean, the p is done.

• Overcooking custard mixtur causes separation of liquid from so when the custard is cut.

• After the pie cools, cover a refrigerate it till serving time. Cov and chill leftovers, too.

MERINGUE TOPPINGS

• Eggs separate best when co Separate eggs carefully; even t smallest amount of egg yolk prevent the whites from whippi Wash beaters thoroughly bef beating egg whites in a de straight-sided glass or metal bow plastic bowl may have retained a s of grease, which prevents whippi

• Bring whites to room temperat before beating for greatest volum

• Immediately after beating, spr the meringue on the pie, caref sealing it to the edge of the pastr prevent its shrinkage.

CREAM FILLINGS

• Cool cream pies 4 to 6 h before serving. For longer stor cover and refrigerate.

• When cutting cream pies, dip knife into water between slices.



JIMMY DEAN® BRINGS COUNTRY GOODNESS TO YOUR THANKSGIVING TABLE.

Sausage & White Bean Dip

1 pkg. Jimmy Dean Roll Sausage, cooked, drained and crumbled
1 head garlic
2-15 oz. cans small white beans, drained and rinsed
1/2 c. olive oil
1 tsp. dried thyme
2 tsp. lemon juice
1/2 tsp. salt
1/4 tsp. pepper
Garnish: chopped scallions, tomatoes, olives

Slice off top of garlic head, exposing cloves. Wrap in aluminum foil; bake at 350° for 40 minutes or until cloves are very soft. Squeeze cloves out of skin into food processor bowl. Add 1 can of white beans and olive oil; puree until smooth. Add remaining ingredients; blend well. Garnish. Serve at room temperature with tortilla chips or crackers. **Makes 4 cups.**

Sausage Corn Bread Stuffing

1 pkg. Jimmy Dean Roll Sausage, cooked, drained and crumbled
1/2 c. butter
1 lg. red onion, diced
1 1/2 c. celery, chopped
6 c. day old corn bread, crumbled
1/3 c. water
2 tsp. dried thyme
1 tsp. each salt and pepper
1-10 3/4 oz. can condensed cream of mushroom soup (for casserole or peppers only)

Melt butter in large saucepan. Add onion and celery; cook until soft. Add remaining ingredients; mix well. **For casserole or peppers:** Pour mixture into dish or divide among bell pepper halves; cover and bake at 400° for 30 minutes. **To stuff bird:** Fully cool mixture, then stuff the bird. **Stuffs one 18-20 lb turkey.**

Sausage & Zucchini Strata

1 pkg. Jimmy Dean Sausage, cooked, drained and crumbled
15 slices day old white bread, crusts removed, cubed
1 small zucchini, diced
1 c. scallions, minced
6 oz. grated cheddar cheese
5 eggs
1 qt. milk
1 tsp. each salt and pepper

Grease 13" x 9" baking dish. Spread bread cubes on bottom of dish and top with sausage, zucchini, scallions and cheese. In separate bowl, combine remaining ingredients; whisk well. Pour into baking dish, cover with foil, refrigerate 3 hours or overnight. Uncover; place in preheated 375° oven for 1 hour or until center is firm and top is golden brown. **Serves 10-12.**



Taste that Country Goodness

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Feasting Without The Frenzy.

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Arabica coffees, which grow best in altitudes above 4,000 feet, are just the opposite—full-flavored, low in acid, and more expensive. Because arabica trees are more susceptible to disease, frost, and drought, they require more careful cultivation than the hardier robustas. This contributes to the limited availability and higher price tag. But a small quantity can provide pleasure at pennies per cup, and specialty coffee stores gladly sell them in quarter-pound and half-pound bags. They're the supreme bean to serve with something special for dessert.

THE PERFECT MATCH

Next quiz: Which arabica to choose? Again, turn to the map. The bright, snappy floral and winey flavors of East African coffees, such as the Kenya and Ethiopia blends, or the light and fragrant beans from Mexico will wake up your muffins and a gamut of other mild, rich breakfast foods, from pancakes to bacon and eggs. These brisk, lively beans also make good choices to complement fruits or fruit sorbets.

To accent the flavors of light desserts, such as simple cakes, cookies, or fruit-filled pies, choose Guatemalan, Arabian Mocha, or Colombian coffee. Their added complexity, balance, and hint of acidity make a perfect warm-up act.

FOOD

Coffee Partners

Red wine with meat, white wine with fish...just when we've finally mastered those pairings, we're faced with new ones: Which coffee to serve with what dessert? In the coffee renaissance that's brewing nationwide, it's no longer a one-size-fits-all world of beans.

Like wines, coffee can either complement a food or clash with it. A Kenya coffee that sizzles with your breakfast bacon will fizzle when paired with something rich and sweet. If you don't know beans about coffee, a quick geography lesson will perk your repertoire.

Robusta coffee grows on low hillsides. It's the kind you'll find in those familiar big, round supermarket tins because it's produced in greater abundance than other coffees. It's higher in acidity and milder in taste than "designer" beans.

Terrific, Not Time-Consumi

Gloriously Simple Roast Turkey

Prep: 10 minutes **Cook: 2-1/2 to 3 hours** **Serves: 20 t**

1 Reynolds® Oven Bag, turkey size (19" x 23-1/2")
1 tablespoon flour
Vegetable oil
2 stalks of celery, sliced
1 medium onion, sliced
16 to 20-pound turkey, tha

- **PREHEAT** oven to 350°F.
- **SHAKE** flour in Reynolds Oven Bag; place in large roasting p least 2 inches deep. Add celery and onions to bag.
- **REMOVE** neck and giblets; rinse turkey, pat dry. Lightly stuff if desired. Brush turkey with oil. Place turkey in bag.
- **CLOSE** bag with nylon tie; cut six 1/2-inch slits in top. Insert thermometer through slit in bag into thickest part of inner thig
- **BAKE** until thermometer reads 180°F, 2-1/2 to 3 hours. Add 1 for stuffed turkey. Let stand 15 minutes.



eavenly, Without The Hassle.

ter-Than-Ever Baked Ham

10 minutes Cook: 2 to 2-1/2 hours Serves: 10 to 12

molds® Oven Bag,
ey size (19" x 23-1/2")
espoon flour
8 to 10-pound fully-cooked ham half, bone-in
Whole cloves

HEAT oven to 325°F.
AKE flour in Reynolds Oven Bag; place in large roasting pan at 2 inches deep.
l skin and fat from ham, leaving a thin layer of fat. Score surface m in diamond pattern and insert cloves. Place ham in bag.
SE bag with nylon tie; cut six 1/2-inch slits in top. Insert meat mometer through slit in bag into thickest part of ham.
E until thermometer reads 140°F, 2 to 2-1/2 hours. Let stand inutes.



To give the elite arabica beans their due, buy them in small quantities. Store them in the refrigerator for up to a week or in the freezer for up to a month. If you buy whole beans to grind at home, store them whole and grind the amount you need just before brewing. For best results, select the proper grind for your coffeemaker (the faster the brew, the finer the grind called for). For a coarser, less powdery grind, use several on-off pulsing cycles of your grinder, rather than a continuous cycle.

For each cup desired, measure 2 level tablespoons of ground coffee for each 6 ounces of cold water. If your tap water has an off taste, use bottled water for brewing arabica coffees so that their unique flavors can shine through. Do not keep coffee on the burner for more than 20 minutes (otherwise you'll taste the burn, not the bean), and do not reheat.

To discover your own flavor preferences, conduct a "cupping" exercise. Just do as the experts do: Brew separately several types of arabica coffees. Pour each in its own cup. First sniff each one with your nose close to the surface; then taste the brews by slurping the coffee from the edge of a spoon and letting it spray over your tongue. Write down your impressions of each, with ideas for food pairings. Later try each cup when it's cooler; many change flavor as they cool.

Indonesian coffees reside at the opposite end of the flavor spectrum from those lighter, brighter Latin American beans. Coffees from Sumatra, New Guinea, and Sulawesi are full-bodied and smoky in flavor, low in acidity, and prized for depth and fullness. These syrupy-smooth Indonesian coffees make agreeable partners for rich, liqueur-laced desserts such as a chocolate truffle, trifle, or tiramisu.

When serving something chocolate, no wimps need apply, think rich, dark coffee. Mousses, cakes, tortes, and truffles paired with espresso are marriages made in—well, you decide where, just bring out the pot. Espresso's piquant, pungent tang performs like jumping into a chilly lake after a steamy sauna: It magically cleanses the palate. Choose a full-flavored espresso roast or smoky Italian roast for your espresso machine. The more pungent French roast is ideal for brewing by the pot. (The darker the roast, the less acid and caffeine it contains.)

If you'd prefer a bean with lots of posh but not so much pow, go for the Vienna, or "city," roast. It's richer than a breakfast blend, yet not as "burned" in taste as an espresso roast. This is a good all-purpose coffee to carry you through dinner to dessert. As a footnote to our geography lesson, these beans don't come from, and are not roasted in France, Italy, or Vienna— they're simply the name of the style of roast.

Help For The Hectic Holidays.

Reynolds

Need more help? Call toll-free for quick turkey tips–from defrosting to roasting–or for a free *Turkey Made Easy* brochure.



Turkey Tips Line:
1-800-745-4000

Cranberries: Beyond Relish

Fresh cranberries remind us that the season of celebration is here. What a shame these little ruby symbols of fall are still used mostly for relishes. To go beyond relish, you can limelight the bold, tart flavor of these deceptively innocent-looking berries in baked goods and fruit plates, at holiday time and other times too.

Cranberry season is short, from October to December. Luckily, cranberries can be enjoyed any time of the year because they freeze so well. Growers ship fresh cranberries in bulk or pre-portioned in bags, which many supermarkets then freeze for sale throughout the year.

To freeze bulk cranberries yourself, pick out and discard any bad ones. Loosely pack the berries with a paper towel in a large airtight freezer bag, removing as much air as possible. Cranberries may be stored in your freezer for up to six months.



CRANBERRY KUCHEN

This old-world style coffee cake is great for a holiday brunch or dessert.

- 2½ cups cranberries
- ½ cup maple-flavored syrup
- 2¼ cups all-purpose flour
- 2½ tsp. baking powder
- ¼ tsp. salt
- ⅓ cup margarine or butter
- ½ cup sugar
- 1 egg
- ½ cup milk
- 1 recipe Streusel Topping (see recipe, opposite)
- Whipped cream or ice cream (optional)

In a medium saucepan combine cranberries and maple syrup. Bring to boiling; reduce heat. Simmer for 3 to 5 minutes or just till cranberries begin to pop, stirring occasionally. Remove from heat.

In a medium bowl stir together flour, baking powder, and salt; set aside. In a large mixing bowl beat together margarine or butter and sugar till light and fluffy. Add egg; beat till blended. Add the milk alternately with the flour mixture and mix till combined.

Spread half of the batter into a lightly greased 9x9x2-inch or ar

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11x7x1½-inch baking pan. Spoon the cranberry mixture evenly over batter in pan. Dollop remaining batter over cranberry layer. Sprinkle with the Streusel Topping.

Bake in a 350° oven for 35 to 40 minutes or till toothpick inserted in center comes out clean. Serve warm with whipped cream or ice cream, if desired. Makes 8 to 10 servings.

Streusel Topping: In a medium bowl combine ½ cup sugar, ⅓ cup all-purpose flour, and ½ teaspoon ground ginger. Cut in ¼ cup margarine or butter till crumbly. Stir in ⅓ cup sliced almonds.

Nutrition facts per serving: 461 cal., 17 g total fat (3 g sat. fat), 28 mg chol., 355 mg sodium, 73 g carbo., 3 g fiber, 7 g pro. Daily Value: 18% vit. A, 7% vit. C, 13% calcium, 17% iron.



WINTER FRUIT PLATTER WITH CRANBERRY COULIS

Coulis (kuh-LEE) is a French term for a thick, smooth puree. Other winter fruits, such as apples or quince, also make good accompaniments to this delicate sauce.

- 2 cups cranberries
- ⅓ cup water
- 1 tsp. dried rosemary, crushed
- 1 cup sugar
- ¼ cup orange juice
- 2 large seedless oranges, peeled, sliced, and halved
- ½ large pineapple, peeled, cored, sliced, and cut into wedges
- 2 large ripe pears, cored and sliced very thin*
- 1 kiwi fruit
- Fresh mint leaves, snipped (optional)

For coulis, in a medium saucepan combine cranberries, water, and rosemary. Bring to boiling; reduce heat. Cover and simmer for 4 to 5 minutes or till berries just begin to pop. Remove from heat; stir in sugar and orange juice. When cool, press mixture through sieve. Discard skins. Cover and refrigerate coulis till thoroughly chilled. (Mixture thickens slightly as it chills.)

On dessert plates, spread a scant ¼ cup of the coulis. Arrange fruit atop. Garnish with mint, if desired. Makes 6 servings.

Nutrition facts per serving: 231 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 59 g carbo., 5 g fiber, 1 g pro. Daily Value: 1% vit. A, 72% vit. C, 2% calcium, 3% iron.

**Note:* Use a vegetable peeler or very sharp paring knife to thinly slice the pears as pictured. Brush pears with lemon juice.

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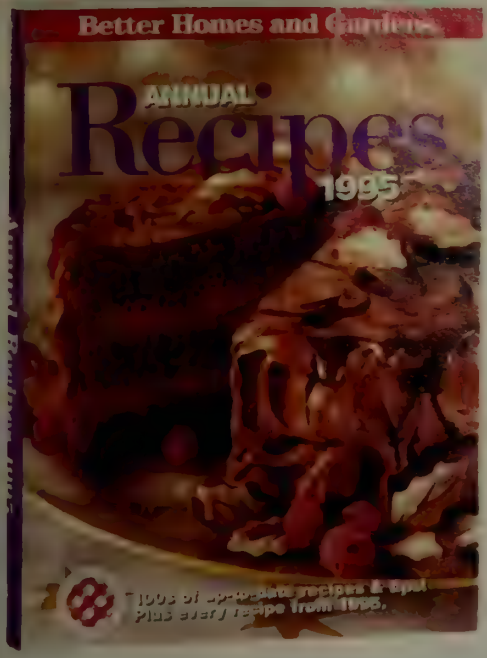
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the clever cook



Each month in this column you'll find tips from other good cooks. Find out *below* how you can earn money for sharing your cooking secrets with us.

HOLIDAY RECIPES AT YOUR FINGERTIPS

To shorten the hunt for holiday recipes, I keep a separate recipe card file for all my favorites and color-code them by holiday—green for Christmas, orange for Halloween, pink for Easter, etc. Along with the recipes, I also color-code cards with holiday crafts or creative game ideas for children.

Donna Ayers, Portland, Ore.

MEMORABLE GIFT

For an easy gift idea, place a gift certificate to a kitchenware shop in a picture frame. The recipient will have something useful for the kitchen, as well as an attractive picture frame to remind her of you. (Great idea for a wedding shower!)

Sheila Smith, Clifton, N.J.

STUFFED SPUDS, FAST

When baking potatoes are on sale, bake an ovenful of them and make a big batch of stuffed spuds as I do. After baking, cut a slice off the top of each potato and scoop out the center, leaving a shell. Then mix the potato pulp with milk, butter, a little sour cream, salt, and pepper; shredded cheese and chopped green onion are optional. After restuffing the potato shells, freeze them on a cookie sheet, then place in freezer bags. At the drop of a hat, you can microwave the stuffed potatoes for dinner.

Carolyn Giles, Yucca, Ariz.

SAUSAGE FAST, TOO

Here's how you can quickly enjoy sausage patties: Partially freeze a one-pound tube of bulk sausage and slice it into patties. Cook the patties as desired, then freeze the pieces in a freezer bag. Micro-cook one or two sausage slices whenever you crave meat at breakfast but don't want the mess of frying.

Alice Gilbert, New Bern, N.C.

PASTRY ON CALL

Whenever I bake pies, I make and freeze some extra pastry. I also roll out a portion of dough for cutouts. Using a star, circle, or other cookie cutter, I cut out decorative shapes and stack them between sheets of wax paper in plastic tubs. Then I tuck the tubs along with the pie shells in the freezer. When I want to bake a quick pie, the pie shells and cutouts are ready to use, frozen or unfrozen.

Ruth Watson, Littleton, Colo.

IT'S IN THE FREEZER

I keep a bag of all-purpose flour in the freezer and use it for those doughs that require chilling (such as pastry). This can cut the chilling time of the dough in half.

Jacqueline R. Abels, Des Plaines, Ill.

COOKIE ORNAMENTS MADE EASY

When baking cookies to hang on the Christmas tree as ornaments, I press a small navy bean into the top of each cookie to create a hole. Once the cookies are cool, I gently press the bean through with a toothpick, leaving the perfect hole for threading a colorful ribbon.

Dorothy Ravare, Riverside, Calif.

CHRISTMAS COCOA

Add a holiday touch to a mug o hot chocolate by threading a marsh mallow onto a peppermint stick o candy cane and adding it to the ho chocolate as a stirrer.

Susan Brown Northglenn, Col

SUGAR COOKIE SAVVY

For pretty sugar cookies, dip a empty thread spool (with a design o the end) into flour and use it t stamp and flatten balls of dough The design on the spool makes a attractive imprint on the cookie. E sure to remove the paper label fro the spool before using.

Ann Scholz, Shelby, Ne

CUPCAKES FOR THE GRANDKIDS

I bake a lot of cupcakes for n grandchildren, but always make mess of the pan as I fill it. Recent I discovered that a gravy ladle perfect for spooning the batter in the cupcake pan. The ladle holds t right amount of batter, and hel keep the pan neat.

Mabel Johnst Mine Hill Dover, N

ARE YOU A CLEVER COO

The food editors of *Better Homes an Gardens*® magazine invite you to send your niftiest kitchen tips. We're looking f original ideas that make cooking easie more healthful, or more rewarding for yo and your family. We will pay $25 for eac published tip. Please send tips to: T Clever Cook, BH&G Food Departmen 1716 Locust St., Des Moines, IA 5030 3023. Letters may be edited for space. letters become the property of *Bett Homes and Gardens* magazine.



WHAT A HOT LASAGNA WEARS TO A PARTY.





Introducing the Pyrex® Portables™ system. It's how you take a home-made meal on the road safely. Sculptured™ Pyrex bowls have tight-fitting lids  to protect against leaks and spills.  Microcore™ thermal pacs keep hot food hot and cold food cold. Insulated cases make everything easy to carry. And with three different sizes, they're always a perfect fit. 

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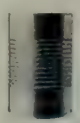


Stuffed Cornish Hen Acadiana

1 1/2 cups dried, crumbled cornbread
3/4 cup sliced **canned** mushrooms
1/2 cup diced smoked sausage
1/2 cup diced ham
1/2 cup thinly sliced scallions
3/4 cup **canned** chicken broth
2 large Cornish hens
1 tablespoon vegetable oil
1/2 cup thinly sliced onion
1/2 cup thinly sliced green pepper
1/2 cup thinly sliced red pepper
1/2 cup thinly sliced yellow pepper
1/2 cup thinly sliced celery
2 cloves garlic, minced
1 tablespoon Creole seasoning
1 **can** (16 oz.) tomato sauce
1 **can** (16 oz.) whole tomatoes
2 bay leaves
Minced parsley

Preheat oven to 500°. Combine cornbread, mushrooms, sausage, ham, scallions and chicken broth; stuff cavities of hens with mixture. Tie legs with string. Bake in shallow roasting pan, uncovered, 20 minutes; remove and set aside; lower oven to 350°. While hens are baking, heat oil in Dutch oven. Add onion, peppers and celery; sauté until tender. Add garlic and seasoning; sauté 2 minutes. Add tomato sauce, tomatoes and bay leaves; heat to boiling. Reduce heat and simmer, uncovered, 20 minutes. Place hens in sauce; bake, tightly covered, until hens are tender and juices run clear when pierced with a fork, about 30-40 minutes. Cut hens in half and place on serving platter, spoon sauce over. Sprinkle with parsley. (Makes 4 servings.)

Please don't forget to recycle your steel cans.



What's In A Can?

Ingredients and packaging that are good for you and good for the environment!

- According to research by the Steel Packaging Council, most consumers are not aware that canned food is 100 percent natural; it contains no preservatives.
- In fact, commercial canned food is prepared essentially in the same way that home-canned food is "put up," using fresh ingredients that are cooked quickly at high temperatures and sealed in sterile containers.
- And, steel food cans are good for the environment, too. Steel cans are collected through more than 14,000 community recycling programs in the U.S. and Canada.

STEEL PACKAGING COUNCIL.
AMERICAN IRON AND STEEL INSTITUTE

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FRIGIDAIRE GALLERY COLLECTION APPLIANCES
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EACH MONTH: TWO $200 WINNERS, TWO $100 WINNERS, SIX HONOR ROLLS
All winners receive a WEBER Gas Go-Anywhere grill.

How would you like to win cash or products for your home? Send your original recipes to our Prize Tested Recipes Contest. Send us recipes that fit the two recipe categories. Then, seven months later, we'll feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Summer Salads: Toss together your picks on pasta, rice, fruit, grains, or vegetables for a sensational main-dish or side-dish salad. Any combo counts, as long as it's cool and easy. Once you've found the winning combination, dress it up with a homemade dressing or a quick fix-up that you've based on a mix or bottled product.

Favorite Cupcakes and Muffins: Everyone's choice for toting to the office or school, these little baked wonders steal the show every time. Dot your creations with gems of fruit, nuts, or chocolate, then crown with tasty toppers such as icing, coconut, or candy. Or, bake them extra big with a yummy surprise inside. You can use whole grains and start from scratch or take a shortcut and base your recipe on a mix.

THIS MONTH'S WINNERS—pages 255 and 256

All winners received a WEST BEND steamer/rice cooker.

$200 Winners: Farah Ahmed, Sunnyvale, Calif.; Darci Truax, Billings, Mont.
$100 Winners: Lynn Moretti, Oconomowoc, Wis.; Toni Thompson, Roanoke, Va.
Honor Roll: Anne Marie Berube, Taunton, Mass.; Carol Cannon, Holden, Mass.; Tawnya Hendricks, Arlington, Texas; Sharyn Hill, Organ, N.M.; Mary Louise Lever, Rome, Ga.; Kari Swierz, Lutz, Fla.

CONTEST RULES:

1. The contest is open to United States residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families.
2. With each entry, clearly print or type your name, address, and recipe marked "June Summer Salads" or "June Favorite Cupcakes and Muffins." Specify brands and recipe origin.
3. Address recipes to 9606 Food Department, *Better Homes and Gardens*, Des Moines, IA 50309-3023.
4. Postmark all entries by November 30, 1995.
5. Monthly winners will be selected about 60 days later, then notified by mail. Top winners must sign affidavit and release. The annual grand prize winner will be selected from the 1996 $200 winners on about January 5, 1997, and will be notified by mail.
6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors.
7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes.
8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law.



What's In A Can Will Surprise You.

What's In A Can Will Surprise You.

e Cornish Hen came from a Canadian farm. The peppers from the valleys of California. And the mushrooms are from somewhere that's sure to surprise you.

urn, velvety, delicate-tasting mushrooms that come in a an might strike you as being a little, well, unexpected. ut the fact is, today's modern steel can has proven to be ne of the best ways to preserve the taste and nutrition



that nature gives to over 1500 different foods. So try the recipe on the opposite page for Cornish Hen Acadiana, and be sure to use canned mushrooms. You'll enjoy a meal that's truly unforgettable.

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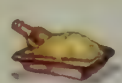
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Sure, go ahead and accept all of the hugs, kisses and loving attention the family will shower on you. After all, you carried it all the way to the table, while we merely slow-cured it with the finest brown sugar, naturally hardwood-smoked it all day and cooked to savory perfection. Really, it was nothing.



Available at a supermarket near you. And several that aren't even close.

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PRIZE TESTED RECIPES®

see page 252 for details

$200 WINNER

Farah Ahmed, Sunnyvale, Calif., in the Fish and Seafood Category.
November 1995



Moroccan Bouillabaisse

Pinches of cumin, cinnamon, and saffron give this seafood favorite an African twist.

- 8 oz. fresh or frozen, peeled, deveined shrimp with tails
- 8 oz. fresh or frozen scallops
- 8 oz. (8 to 12) fresh mussels in shells
- 1 cup finely chopped onion
- 4 cloves garlic, minced
- 1 Tbsp. olive oil
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ¼ tsp. ground red pepper
- 1 cup fish or vegetable broth
- 1 cup finely chopped tomatoes
- ⅛ tsp. ground saffron
- Hot cooked couscous

Thaw frozen seafood. Halve large scallops. Scrub mussels; remove beards. Combine 2 cups *water* and 3 tablespoons *salt;* soak mussels 15 minutes. Drain; rinse. Repeat twice.

Cook onion and garlic in hot oil till tender. Add cumin, cinnamon, and red pepper; cook and stir 1 minute. Stir in broth, tomatoes, saffron, and ¼ teaspoon *salt*. Bring to boiling; add seafood. Return to boiling; reduce heat. Simmer, covered, 5 minutes or till shells open. Serve with couscous. If desired, top with parsley. Serves 4.

Nutrition facts per serving: 287 cal., 6 g fat (1 g sat. fat), 116 mg chol., 507 mg sodium, 33 g carbo., 6 g fiber, 27 g pro. Daily Values: 10% vit. A, 36% vit. C, and 36% iron.



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PRIZE TESTED RECIPES®

see page 252 for details

$200 WINNER

Darci Truax, Billings, Mont., in the Nutty Desserts Category.
November 1995



Chocolate Praline Squares

The nutty caramel filling will remind you of pecan pie.

- 1½ cups all-purpose flour
- ½ cup sifted powdered sugar
- ¾ cup margarine or butter
- 1½ cups toasted chopped pecans
- ¼ cup light corn syrup
- ½ cup dark corn syrup
- 1 cup packed brown sugar
- ¼ cup margarine or butter
- 4 eggs
- 2 cups coarsely chopped pecans
- 1 tsp. finely shredded orange peel
- 1 tsp. vanilla
- 1½ cups miniature semisweet chocolate pieces
- 1 recipe Orange Cream (optional)
- Finely shredded orange peel (optional)

For crust, stir together flour and powdered sugar. Cut in the ¾ cup margarine or butter till pieces are the size of small peas. Stir in the 1½ cups pecans. Press into a lightly greased 13x9x2-inch baking pan. Bake in a 325° oven 25 minutes or till light brown.

For filling, in a medium saucepan combine light and dark corn syrups, brown sugar, and the ¼ cup margarine or butter. Bring to boiling over medium heat, stirring constantly. Remove from heat. Beat eggs with an electric mixer on low speed till mixed. Continue beating, slowly adding hot mixture. Stir in 2 cups pecans, peel, and vanilla.

Pour filling onto crust. Sprinkle with chocolate pieces. Bake in a 350° oven for 35 to 40 minutes or till center is set. Cool on a wire rack; chill to store. To serve, cut into squares. If desired, serve with Orange Cream and additional peel. Makes 24 squares.

Orange Cream: Combine 1 cup whipping cream, 2 tablespoons sugar, and 2 tablespoons dairy sour cream; beat till mixture starts to thicken. Add 1 tablespoon orange liqueur or ½ teaspoon orange extract, ½ teaspoon finely shredded orange peel, and ½ teaspoon vanilla; beat on low speed just till soft peaks form (tips curl).

PRIZE TESTED RECIPES®

$100 WINNER

Lynn Moretti, Germantown, Wis., in the Dessert Category, September 1995



Gingersnap-Pumpkin Mousse Torte

... topper; stir a little pumpkin pie spice into the remaining dessert topping.

- ... finely crushed gingersnaps
- 1 cup finely chopped toasted pecans
- ⅓ cup margarine or butter, melted
- ½ cup sugar
- 1 envelope unflavored gelatin
- ½ cup light cream or half-and-half
- ¼ cup water
- 3 beaten egg yolks
- 1 16-oz. can pumpkin
- 1 recipe Homemade Pumpkin Pie Spice or 2 tsp. purchased pumpkin pie spice
- ½ of an 8-oz. container frozen whipped dessert topping, thawed
- ½ cup toasted pecan halves
- ¼ cup caramel ice-cream topping

For crust, combine gingersnap crumbs, chopped pecans, and margarine or butter. Press onto bottom and 1½ inches up sides of an 8-inch springform pan. (Or, press into a 9-inch pie plate.) Bake in a 350° oven for 10 to 12 minutes or till edge is golden. Cool to room temperature.

In a medium saucepan combine sugar and gelatin. Stir in cream, water, and egg yolks. Cook and stir over low heat till gelatin is dissolved and mixture just begins to bubble. Remove from heat. Stir pumpkin and spice into gelatin mixture. Cool 20 to 30 minutes.

Fold dessert topping into gelatin mixture. Spread evenly in crust. Top with pecan halves. Cover; chill several hours or till set. Loosen the sides of the springform pan. Drizzle with ice-cream topping. Makes 8 servings.

Homemade Pumpkin Pie Spice: Stir together ½ teaspoon ground cinnamon, ½ teaspoon ground ginger, ½ teaspoon ground nutmeg, ¼ teaspoon ground allspice, ¼ teaspoon ground mace, and ⅛ teaspoon ground cloves.

... carbo., 3 g fiber, and 4 g pro. Daily Values: ... 85 mg chol., 247 mg sodium, 45 ...

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PRIZE TESTED RECIPES®

$100 WINNER

Toni Thompson, Roanoke, Va., in the Fish and Seafood Category.
November 1995



Grilled Salmon with Jalapeño Butter

Try any leftover jalapeño butter on other grilled fish, meats, potatoes, vegetables, or pasta.

- 1¾ inch cube fresh gingerroot
- 2 large cloves garlic
- 1 to 2 large jalapeño peppers, seeded
- ¼ cup loosely packed cilantro leaves
- ½ cup butter, softened
- 1½ lbs. fresh or frozen salmon fillets or steaks, cut about 1 inch thick
- Salt
- Pepper

For butter, in a blender container or food processor bowl combine gingerroot, garlic, and jalapeño pepper; cover and process till finely chopped. Add cilantro; cover and blend or process till combined. Stir into butter. On a piece of waxed paper or plastic wrap, shape butter into a 6-inch-long log. Seal tightly and chill till serving time or freeze for up to 3 months.

Sprinkle salmon with salt and pepper. Place in a well-greased grill basket or on a well-greased grill rack directly over *medium* coals. Grill for 4 to 6 minutes for each ½ inch of thickness. (Or, broil on the unheated rack of a broiler pan 4 inches from the heat for 4 to 6 minutes for each ½ inch of thickness.) If the fish is thicker than 1 inch, turn it halfway through cooking. When done, the fish should flake easily when tested with a fork.

To serve, place a slice of jalapeño butter atop each piece of fish. Makes 4 servings.

Nutrition facts per serving: 362 cal., 29 g total fat (15 g sat. fat), 92 mg chol., 369 mg sodium, 1 g carbo., 1 g fiber, and 25 g pro. Daily Values: 25% vit. A, 29% vit. C, 2% calcium, and 8% iron.

Photographs: Scott Little

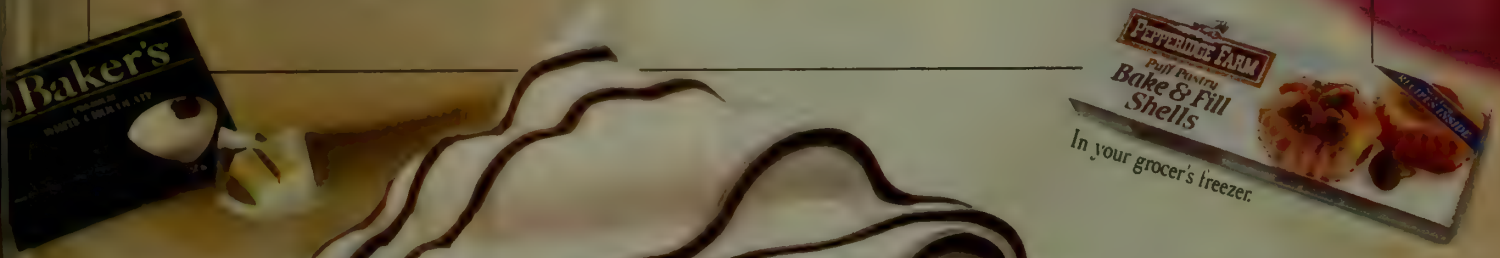


We've got holiday desserts simply wrapped up.

White Chocolate Mousse Pastries

1 package (10 ounces) PEPPERIDGE FARM Frozen Puff Pastry Shells
1 1/2 cups heavy or whipping cream, divided
1 package (6 squares) BAKER'S Premium White Chocolate
1 square BAKER'S Semi-Sweet Chocolate, melted

1. BAKE pastry shells as directed on package. Cool on wire rack.
2. MICROWAVE white chocolate and 1/4 cup of the cream in large microwavable bowl on HIGH 2 minutes or until white chocolate is almost melted. *Stir until completely melted.* Cool 20 minutes or until room temperature, stirring occasionally.
3. BEAT remaining 1 1/4 cups cream in chilled medium bowl with electric mixer on medium speed until soft peaks form. *Do not overbeat.* Fold 1/2 of the whipped cream into white chocolate mixture. Fold in remaining whipped cream just until blended. Spoon into pastry shells. Drizzle with melted chocolate.
4. REFRIGERATE up to 6 hours. Makes 6.



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DO YOU KNOW?

If one person in every American household left just one tablespoon of cranberries on their Thanksgiving Day plate, more than 6,000,000 pounds of food would be tossed out. To avoid such waste, Partners for Environmental Progress has proclaimed November 16 as the first Use Less Stuff Day.

You won't be alone the next time you toss out spent batteries. More than 2.5 billion batteries are thrown away in this country each year.

That's an electrifying amount of lead, acids, and toxic heavy metals to have buried around the planet. Here are some ways your family can make a positive impact:

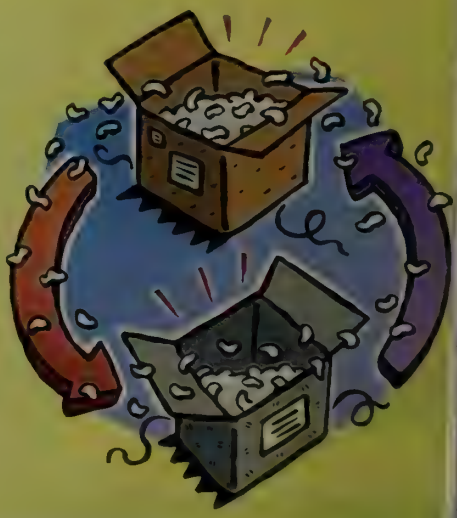


- Use rechargeable batteries wherever possible, particularly in personal stereos, toys, cellular phones, and other frequently used items that feed on battery power.
- Such necessities as smoke alarms, carbon monoxide detectors, and flashlights should always be ready to use. Because rechargeable batteries lose about one percent of their charge each day, even when not used, keep only non-rechargeable, regular batteries in safety devices.
- Some items, such as toys, are equipped at the factory with poorly made, off-brand batteries. Beware: No-name batteries are the most likely to leak acid. Remove these immediately.
- Dispose of batteries at hazardous waste facilities only. Never throw them away with common household trash.
- Never mix rechargeables of differing types, ages, or brands, and don't mix rechargeables with non-rechargeables.

NEW LIFE FOR OLD PACKAGING

The gift-giving season is just about here again, and it's sure to leave behind tons of packing materials after presents are unwrapped. Now there's a way to extend the useful life of all those polystyrene foam peanuts and molded white plastic forms cushioning delicate gifts: Recycle.

The Association of Foam Packaging Recyclers and the Plastic Loosefill Council have set up drop-off recycling sites around the country that will accept the lightweight plastic any time of year. More than 20 million pounds of foam packing was recycled for reuse in 1994. For locations near you that accept foam peanuts, call 800/828-2214. For collection centers that handle molded polystyrene, call 800/944-8448.





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You can protect yourself—through the National Flood Insurance Program. We have one mission: to restore the quality of life of flood victims as soon as possible. For more information, call your insurance company, agent or 1-800-611-6122, ext. 11.

e can't replace your memories, but we can help you build new ones.

NFIP
National Flood Insurance Program

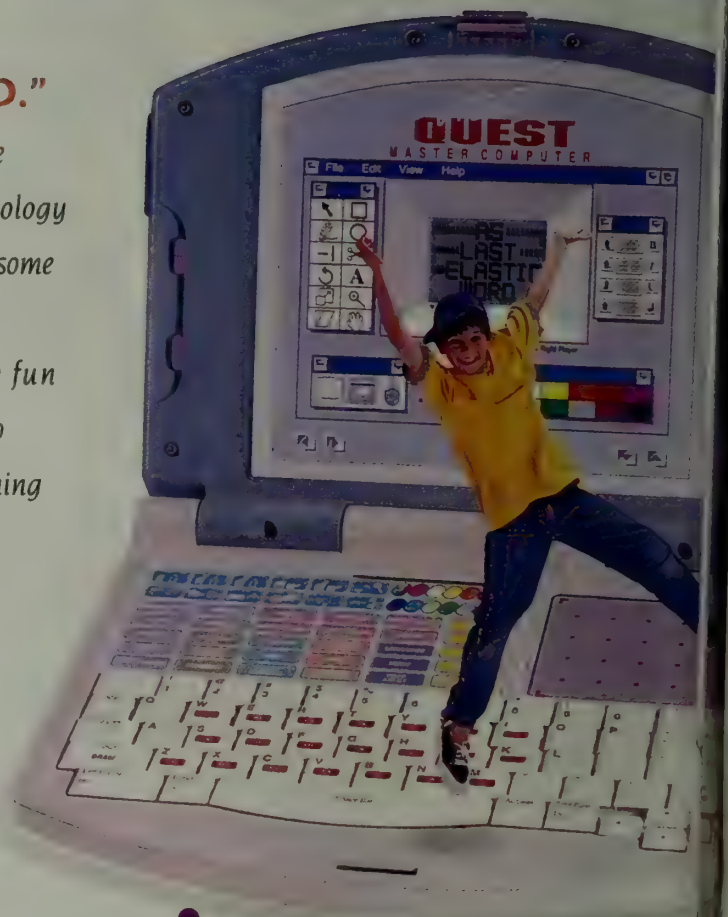
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Phylicia Rashad

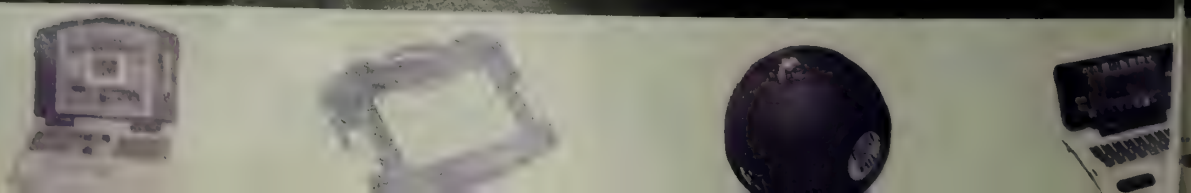




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The Right Choi



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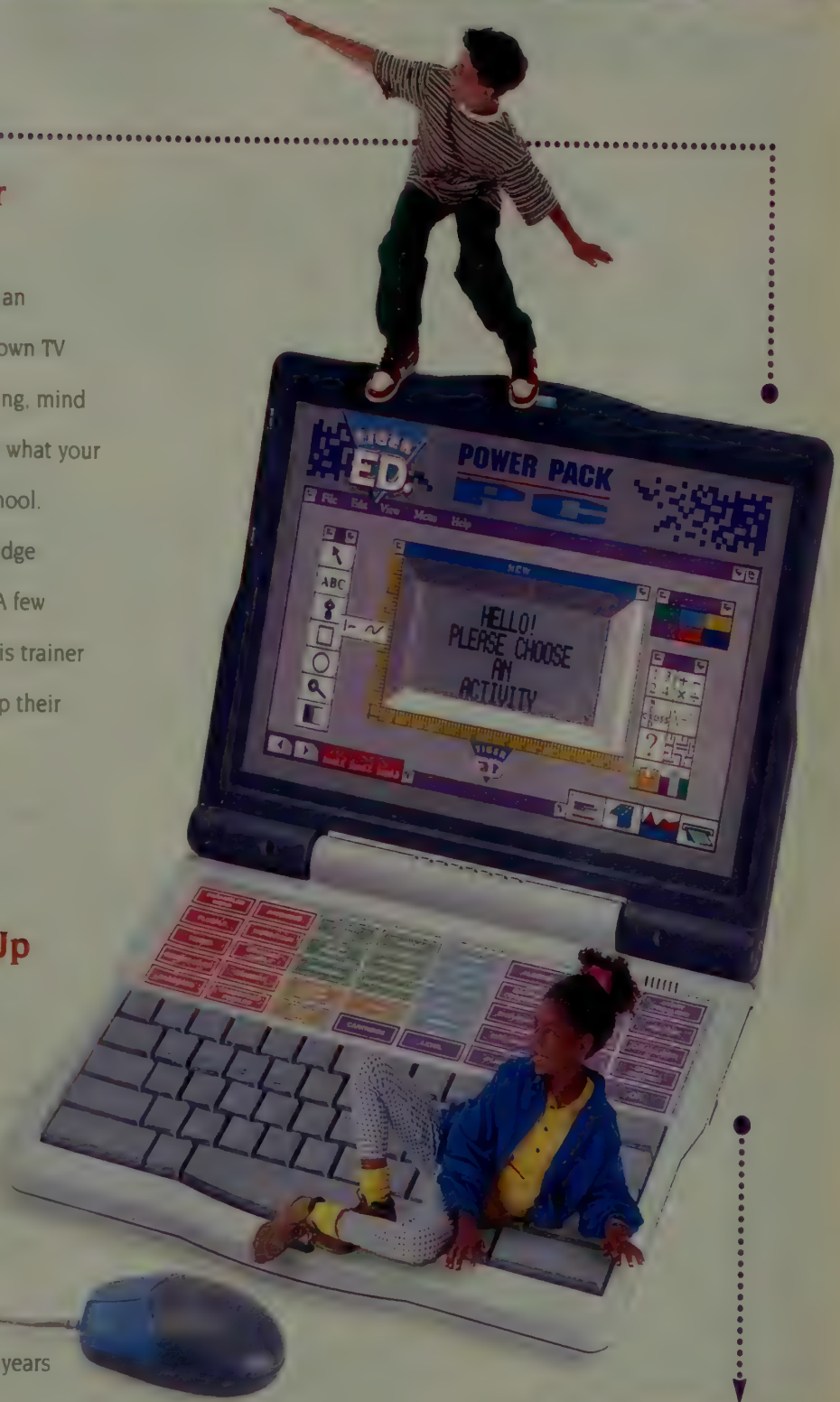
Meet a computer that's fun at its smartest! And an electronic sketch pad and a built-in link to your own TV screen. The big control panel shows 25 captivating, mind stretching activities that match and complement what your kids do in school. It's also cartridge expandable. A few hours with this trainer really beefs up their brain power



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HINT #17

SOOTHES SORE THROATS



To alleviate the discomfort of a mild sore throat, gargle several times daily with a mixture of 1/4 teaspoon Morton® Salt and 1/2 cup warm water.* It's like taking a liquid lozenge. For more economical, safe, and effective uses for Morton® Salt write for the new Household Hints brochure: Morton® Salt Tips, Dept. K, Chicago, IL 60606-1597.

*Gargling with warm salt water is recommended by the American Academy of Otolaryngology to alleviate mild sore throat pain. See a physician if your sore throat persists longer than five days or if the sore throat is accompanied by difficulty in breathing or swallowing, joint pain, earache, a rash or fever.

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tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips with other readers.

SPRAY YOUR SIDING

Are you looking for an easy way to clean your vinyl siding and gutters? Try using a garden insecticide sprayer. Clean it thoroughly. Hook your hose up to the sprayer, add an appropriate detergent, then start washing the house.

Connie Freer
Dover, Del.

AN ENDLESS SOAP SUPPLY

Here's an easy way to keep a good supply of hand soap in your sink's built-in liquid soap dispenser. Remove the small soap reservoir from under the sink. Connect vinyl tubing from the bottom of the soap pump into a gallon jug of liquid soap that you can place at the bottom of the cabinet.

Jim Fleming
West Des Moines, Iowa

SIMPLE ROLLER EXTENSION

When using a roller to paint your ceiling, borrow the threaded handle from a push broom as an extension. It will save you from buying a separate extension just for painting.

Mike Rogalski
Lancaster, Calif.

GARDEN HOSE STORAGE

Here is an inexpensive way to store your garden hose. Use screws to mount the bottom of an empty five gallon plastic paint bucket (you can buy one at most paint stores) to the wall of your garage or shed. Now wrap the hose around the bucket.

Monica Doyle
Springfield, Pa.

STREAK-FREE GLASS

To clean your windows and mirrors without lint or streaking, try this: Simply use inexpensive coffee filters—instead of paper towels—with your favorite glass cleaner.

Mrs. Pancy Jones
Cecilia, Ky.

DECORATING HELPER

If you're in the middle of some major redecorating or home improvements, you'll like this simple idea. Obtain a ring binder with plastic sheet protectors. Fill the sheets with samples of wallpapers, fabrics, and paint colors. Leave the binder in the trunk of your car so that you'll always have easy access to this information whenever you're shopping.

Leann Abrahan
Cedar Falls, Iow

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Mail your tip along with a daytime phone number and your Social Security number to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.

BUILDING

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Lasagna *of* Little Italy.



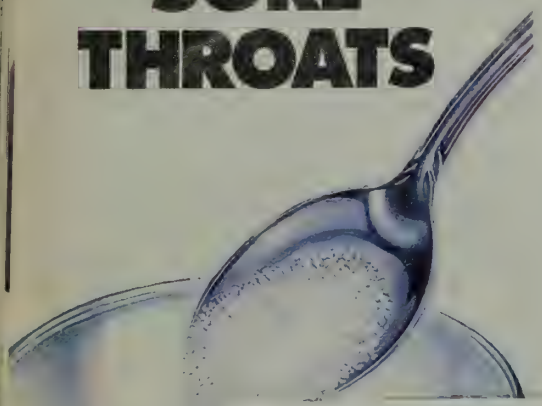
Sargento *of* Wisconsin.

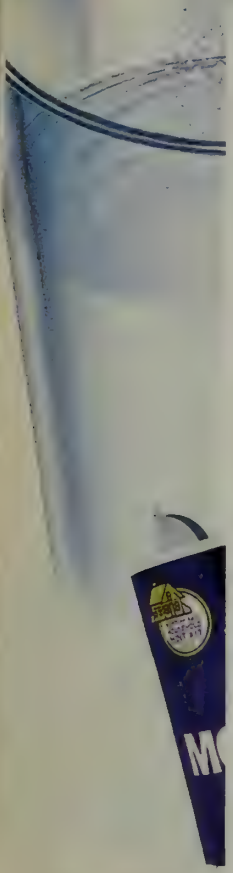
Great food can come from anywhere, as long as the shredded natural cheese comes from Sargento of Wisconsin.

tips, tools, & techniques

HINT #17

SOOTHES SORE THROATS





To alleviate the disc
throat, gargle sever
mixture of 1/4 teas
1/2 cup warm wate
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Morton® Salt Tips, De
60606-1597.

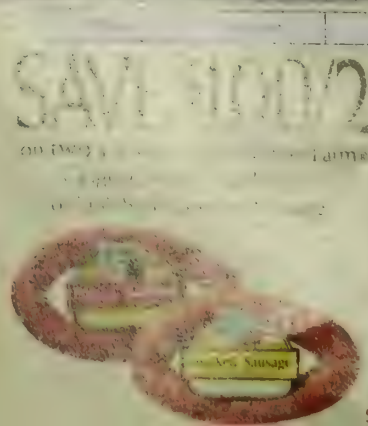
*Gargling with warm salt
American Academy of Ot
sore throat pain. See a pl
persists longer than five
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joint pain, earache, a ras

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This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the mount the bottom of an empty five-gallon plastic paint bucket (you can buy one at most paint stores) to the wall of your garage or shed. Now wrap the hose around the bucket

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It goes together almo
as fast as it disappea





Hillshire Farm® Sausage Garden Vegetable Lingu

*1 lb. package **Hillshire Farm Smoked Sausage**, any variety*
5 green or red peppers, cut into strips
3 oz. black olives
1 small bag frozen
4-5 lg. carrots peel
2 c. linguini, uncoo
1 c. Italian dressi
Garlic and oregano

Cook pasta. Saute sausage and vegetables. Mix salad
pasta, sausage, and vegetables together with a pinch
oregano. Serve hot or cold. Serves 6. Prep time 15

BUILDING

Planning Scrapbook

A scrapbook usually serves as a storehouse of memories. But a dream-house scrapbook will help you build memories.



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Tea or Decaffeinated Tea.
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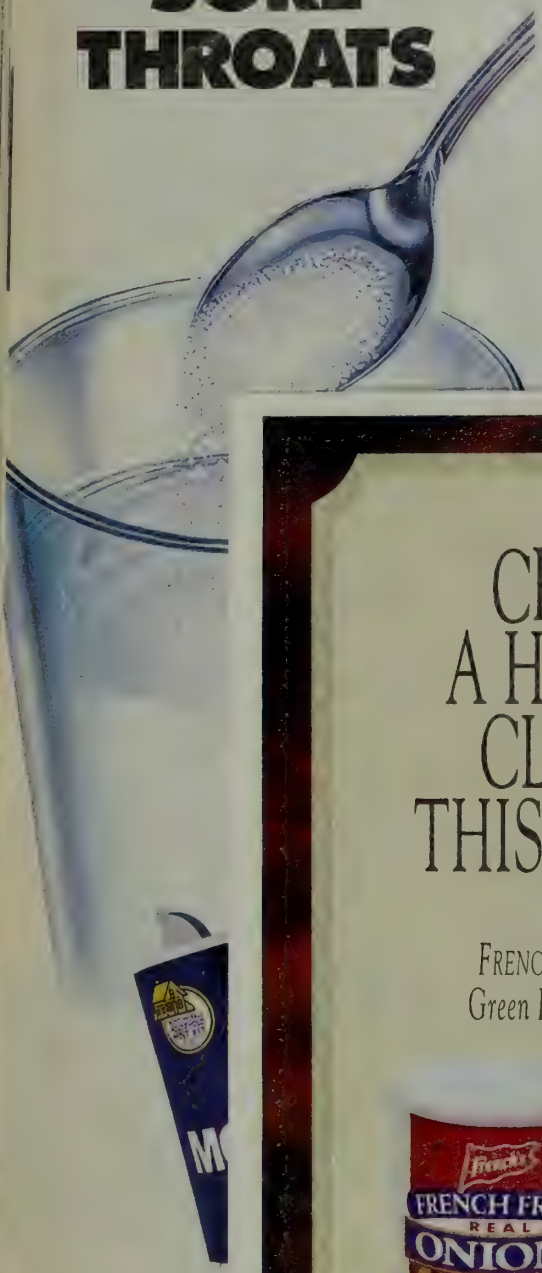


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tips, tools, & techniques

HINT #17

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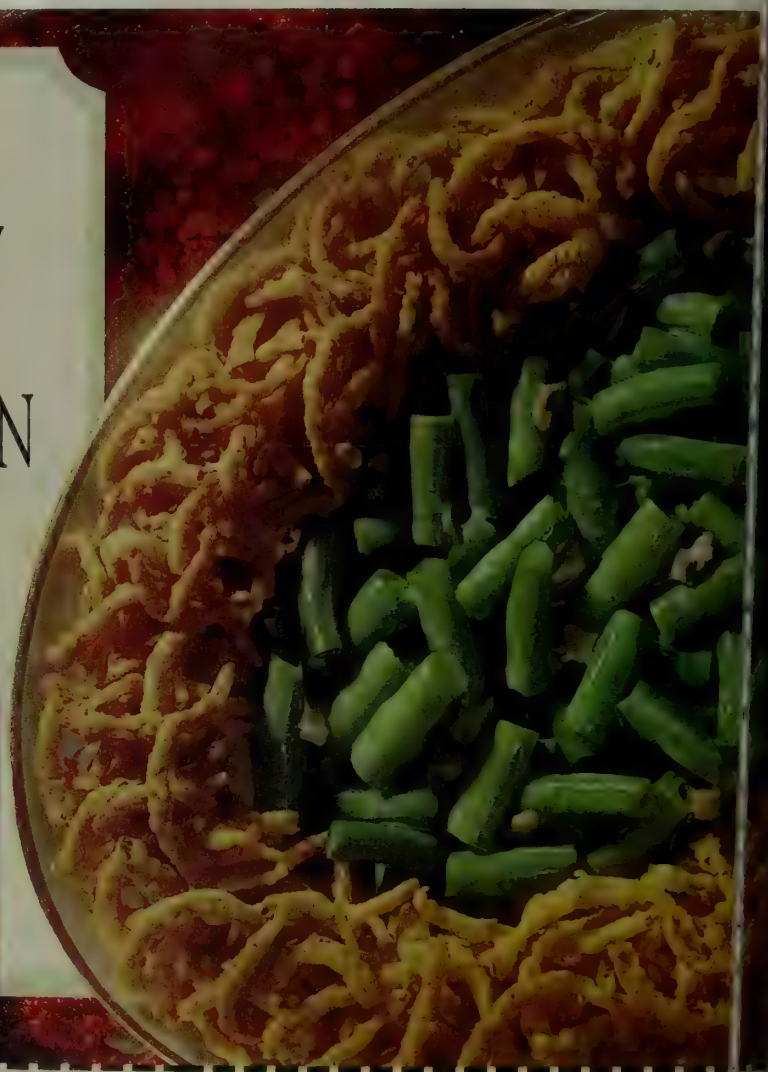
This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the

mount the bottom of an empty five gallon plastic paint bucket (you can buy one at most paint stores) to the wall of your garage or shed. Now wrap the hose around the bucket

CREATE A HOLIDAY CLASSIC THIS SEASON

FRENCH'S™ Original Green Bean Casserole™



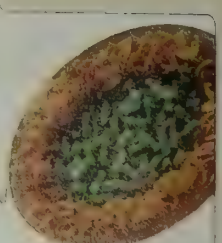


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FRENCH'S™ Original Green Bean Casserole™

Prep Time: 5 Minutes Cook Time: 35 Minutes

1 can (10-3/4 oz.) Campbell's® Condensed Cream of Mushroom Soup
3/4 cup milk
1/8 tsp. pepper
2 pkg. (9 oz. each) frozen cut green beans, cooked and drained OR 2 cans (14.5 oz.) cut green beans, drained
1 can (2.8 oz.) FRENCH'S® French Fried Onions



In 1 1/2-qt. casserole mix soup, milk, pepper, beans and 1/2 can French Fried Onions. Bake at 350° F. for 30 min. or until heated through; stir. Top with remaining French Fried Onions. Bake 5 min. or until onions are golden. Makes 6 servings.

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BUILDING

Planning Scrapbook

A scrapbook usually serves as a storehouse of memories. But a dream-house scrapbook will help you build memories.

Even though construction may be years away, you can begin assembling a planning scrapbook today. Its pages will be a personalized catalog of product and design options organized to help you with building decisions and purchases. When it's time to begin your project in earnest, the scrapbook will serve as an invaluable guide for your designer or contractor, illustrating your ideas and tastes much more completely and accurately than words alone could. Later, it will be a project history.

Fill a loose-leaf notebook with photographs, sketches, and notes showing products or designs that may fit into your future home. Anything that seems appealing should be pasted in, including such items as the restaurant napkin used to first outline the floor plan, a source for wall insulation, the style number of your favorite ceramic tiles, or magazine photos showing the kitchens you covet.

Since your scrapbook is a tool, organize it efficiently. Use colored dividers to create scrapbook sections for each area of the house. A section entitled "Roof" may contain a half-dozen or more brochures showing product options. A section about "The Kitchen" may include color samples, countertop information, and a collection of cabinetry catalogs. Always keep manufacturers' addresses and phone numbers filed for use months, or even years, later, and note the title, issue, and page number for all magazine clippings.





Patent 5,191,877

patches that hole in the wall you call a fireplace.

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BUILDING

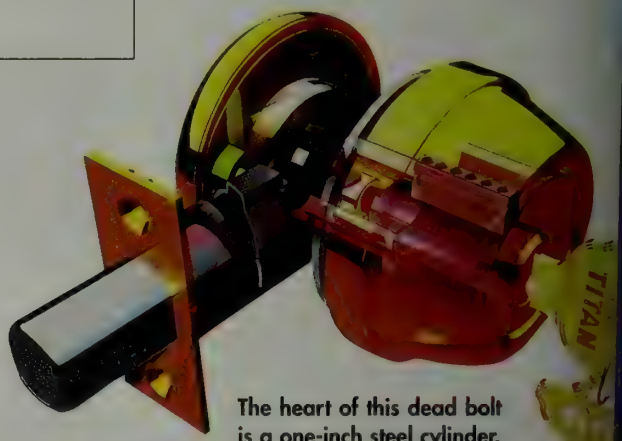
Lock Up

One of the most effective devices for safeguarding your home against burglary is a tried-and-true method: a strong lock.

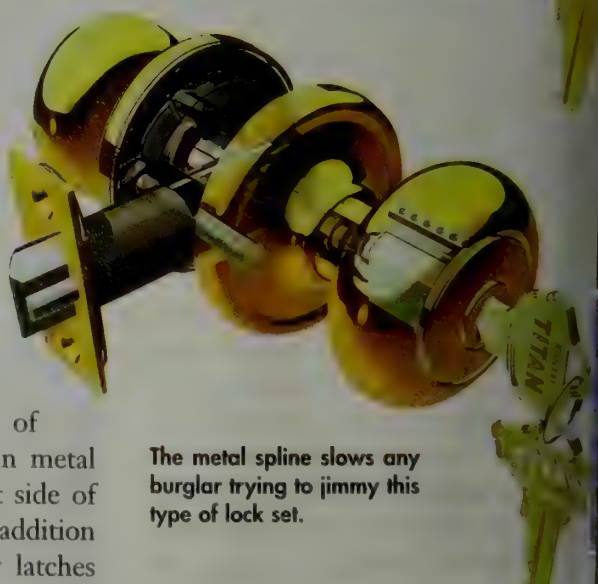
There are about 8,600 break-ins a day in the U.S., and the total worth of stolen property is about $3 billion annually. In more than 40 percent of these cases, thieves enter through an unlocked door or window.

Invest in a quality door lock and use it. Consider purchasing commercial-grade hardware, which is available through most lock shops. It looks the same as lighter residential equipment, but it is cast in thicker metals for added toughness. Here are some of the lock choices you will discover as you look for hardened-steel security:

- **Standard lock sets.** These common door locks are the first line of defense in low-cost security. In recent years, they have been greatly improved by the addition of dead latches, which are thin metal splines riding along the flat side of curved latches. This simple addition makes it difficult to jimmy latches open with plastic strips or credit cards.
- **Dead bolts.** Installing a dead bolt greatly improves security. The inch-long, solid-steel or brass bolt resists twisting, turning, pulling, prying, and pounding. In most cases, it's better to purchase a single-cylinder model, which has a key lock on the outside and a bolt-retracting knob or lever on the inside. Also, always pair dead bolts with standard lock sets.
- **Strike plates.** Strengthen locks by mounting commercial-type, heavy-duty strike plates on doorjambs. Attach plates with sturdy three-inch screws (don't use ¾-inch screws, even if they come packaged with lock sets or dead bolts).
- **Reinforcement plates.** Finally, beef up your system even more with a reinforcement plate. These polished brass or steel plates wrap around the area of the door handle for added resistance against kicks or heavy blows. These plates also add a decorative element to doors.



The heart of this dead bolt is a one-inch steel cylinder.



The metal spline slows any burglar trying to jimmy this type of lock set.


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Even Mr. No never says "no" to a *Goldfish*®.



He'll argue about breakfast, lunch, dinner and everything in between.
But he says Goldfish crackers are cool. I say they're wholesome.
And it's nice not to nag, but to agree.
Pepperidge Farm remembers snacks can be good food, too.



by Lisa Holderness

Iced to the Nines

Maybe you can't judge a book by its cover, but kids always judge a cupcake by its icing. The frosting has to taste scrumptious, but it has to look fun too. Win raves from all ages with any of these festive frostings based on one recipe. You'll make enough to cover 24 cupcakes or one 13x9-inch cake.

Peanut Butter Crunch: Substitute creamy peanut butter for the butter or margarine. Sprinkle chopped candy-coated peanut butter pieces or chopped peanuts atop frosting.

Mocha Cocoa: Reduce powdered sugar to 4 cups and add ½ cup unsweetened cocoa powder along with the first 2 cups powdered sugar. Add 1 tablespoon instant coffee crystals to the ¼ cup milk. Let stand 3 minutes; stir till dissolved.

Vanilla Polka Dot: Stir 2 to 3 tablespoons candy sprinkles into the Butter Frosting before using.



Mini Mint Chip: Add ¼ teaspoon mint extract and a few drops green food coloring with the milk. Stir in ⅓ cup miniature semisweet chocolate pieces before using.

Double Orange: Substitute fresh orange juice for the milk and add 1 teaspoon finely shredded orange peel after all the powdered sugar is added. If desired, top with thin strips orange peel.

Crazy Cocoa: Reduce powdered sugar to 4 cups and add ½ cup unsweetened cocoa powder along with the first 2 cups powdered sugar. Top with some chocolate curls, if you like.

Maraschino Cherry: Substitute 3 tablespoons maraschino cherry juice for the milk and add ⅓ cup chopped maraschino cherries with the cherry juice.

BUTTER FROSTING

Creamy, homemade frosting takes just a few minutes to whip up, using ingredients you probably have on hand.

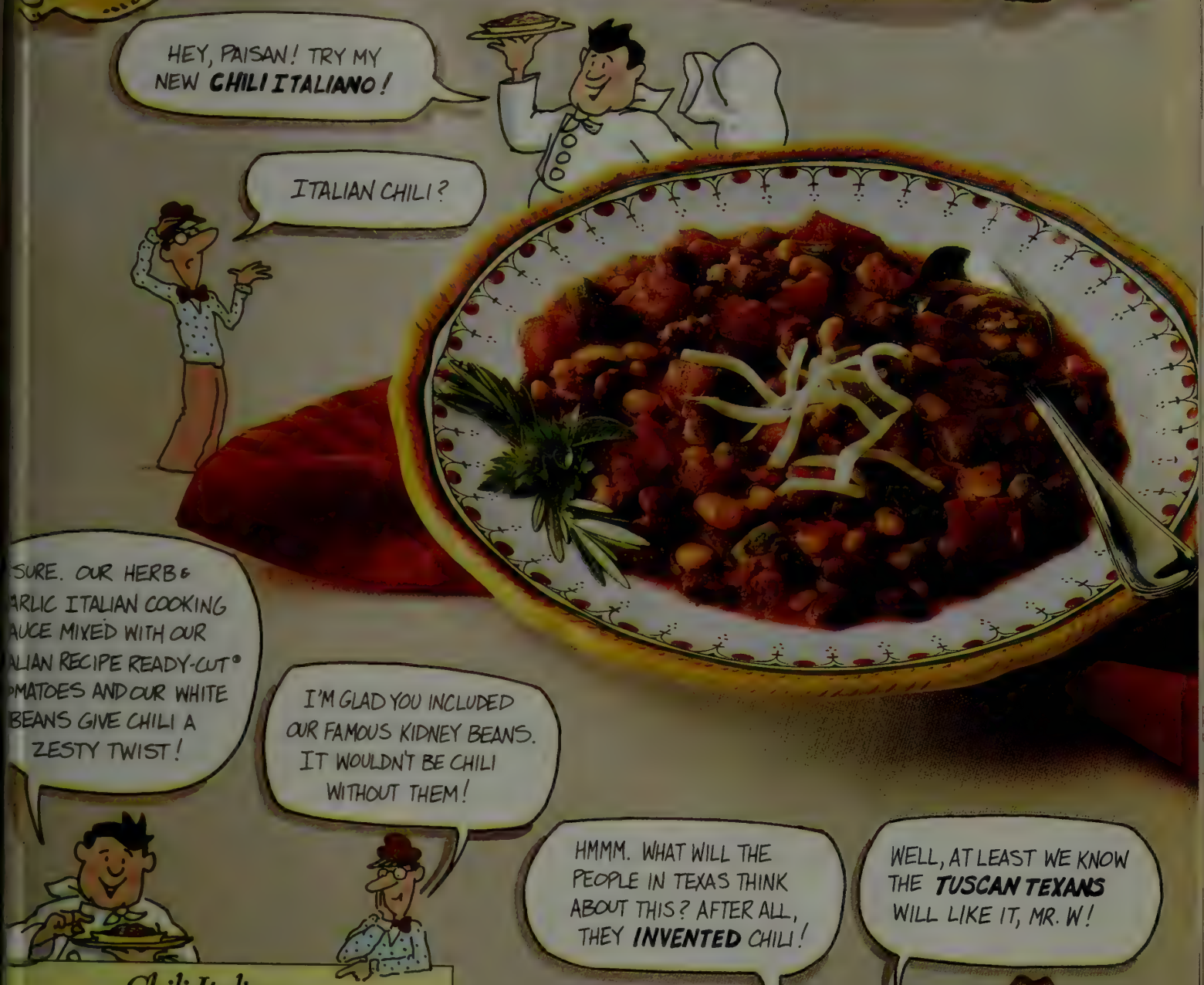
⅓ cup butter or margarine
4½ cups sifted powdered sugar
¼ cup milk
1½ tsp vanilla
Additional milk

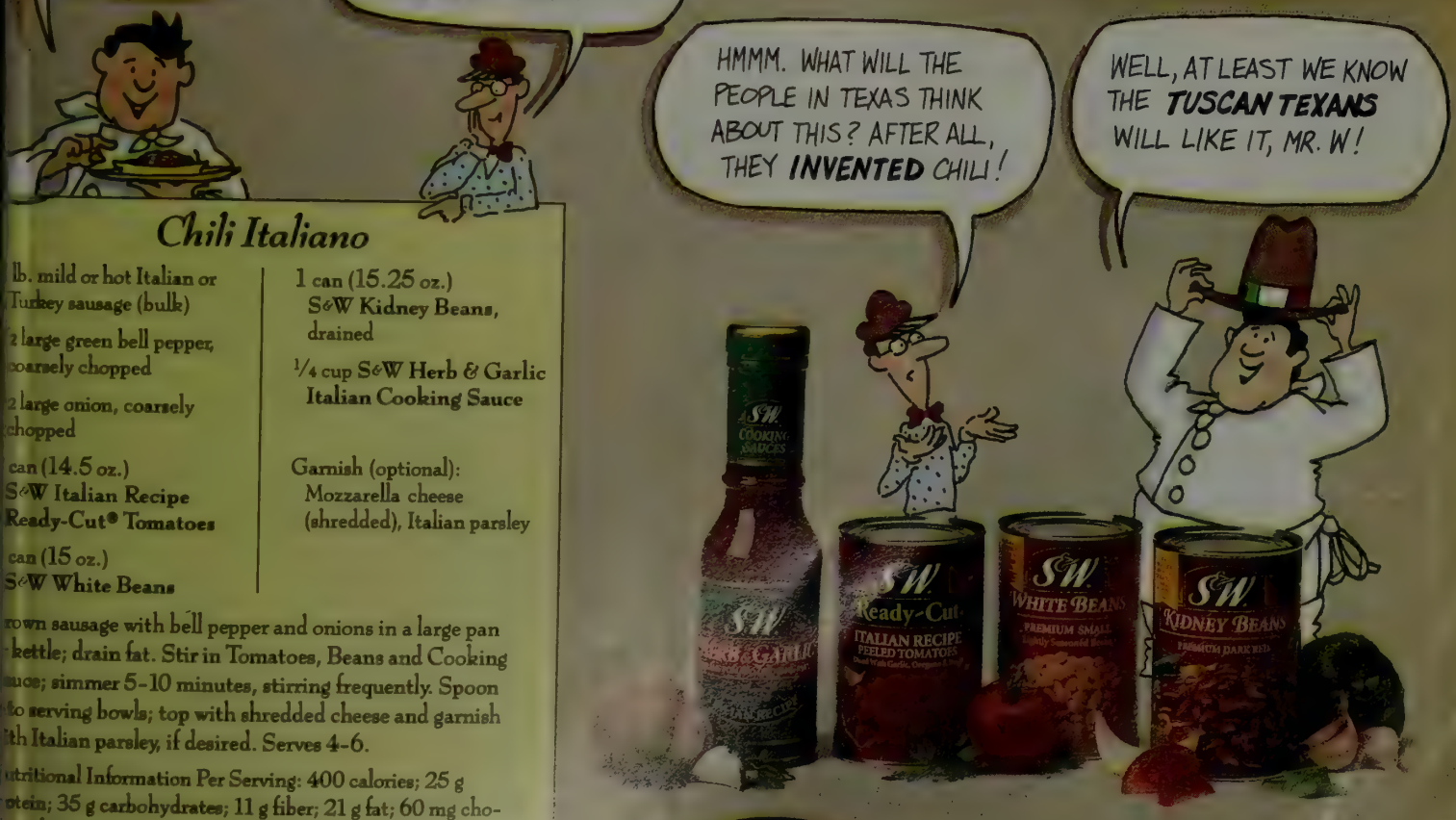
In a bowl beat butter or margarine [illegible] add *2 cups* of the powdered sugar, [illegible] beat in the ¼ cup milk and vanilla. Gradually add remaining sugar, beating till combined. If needed, beat in a little additional milk to make of spreading consistency.

Use as a base for the above cupcake variations or as a frosting for a cake. Transfer any unused frosting to a storage container and chill for up to 1 week. Frosts 24 cupcakes or one 13x9-inch cake.

Nutrition facts per rounded tablespoon Butter Frosting: 97 cal., 3 g total fat (2 g sat. fat), 7 mg chol., 27 mg sodium, [illegible] g carbo., 0 g fiber, 0 g pro. Daily Value: 2% vit. A, 0% [illegible] C, 0% calcium, 0% iron.

S&W FINE FOODS PRESENTS MR. S AND MR. W





Chili Italiano

- lb. mild or hot Italian or Turkey sausage (bulk)
- 2 large green bell pepper, coarsely chopped
- 2 large onion, coarsely chopped
- can (14.5 oz.) S&W Italian Recipe Ready-Cut® Tomatoes
- can (15 oz.) S&W White Beans
- 1 can (15.25 oz.) S&W Kidney Beans, drained
- 1/4 cup S&W Herb & Garlic Italian Cooking Sauce

Garnish (optional): Mozzarella cheese (shredded), Italian parsley

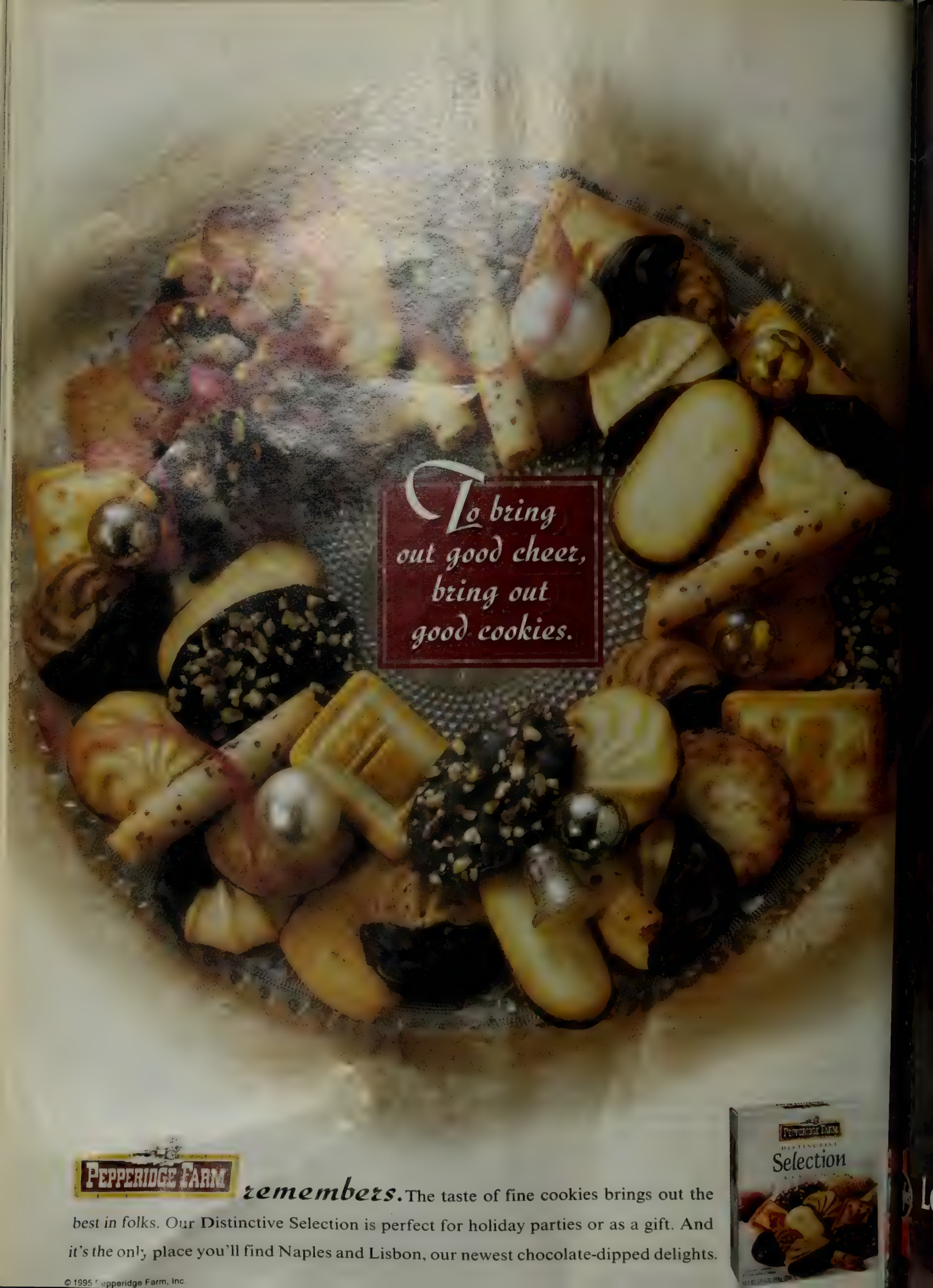
rown sausage with bell pepper and onions in a large pan kettle; drain fat. Stir in Tomatoes, Beans and Cooking auce; simmer 5–10 minutes, stirring frequently. Spoon to serving bowls; top with shredded cheese and garnish th Italian parsley, if desired. Serves 4–6.

utritional Information Per Serving: 400 calories; 25 g otein; 35 g carbohydrates; 11 g fiber; 21 g fat; 60 mg cho- terol; 1610 mg sodium.

For free recipes, write S&W Fine Foods, San Ramon, CA 94583-0587.

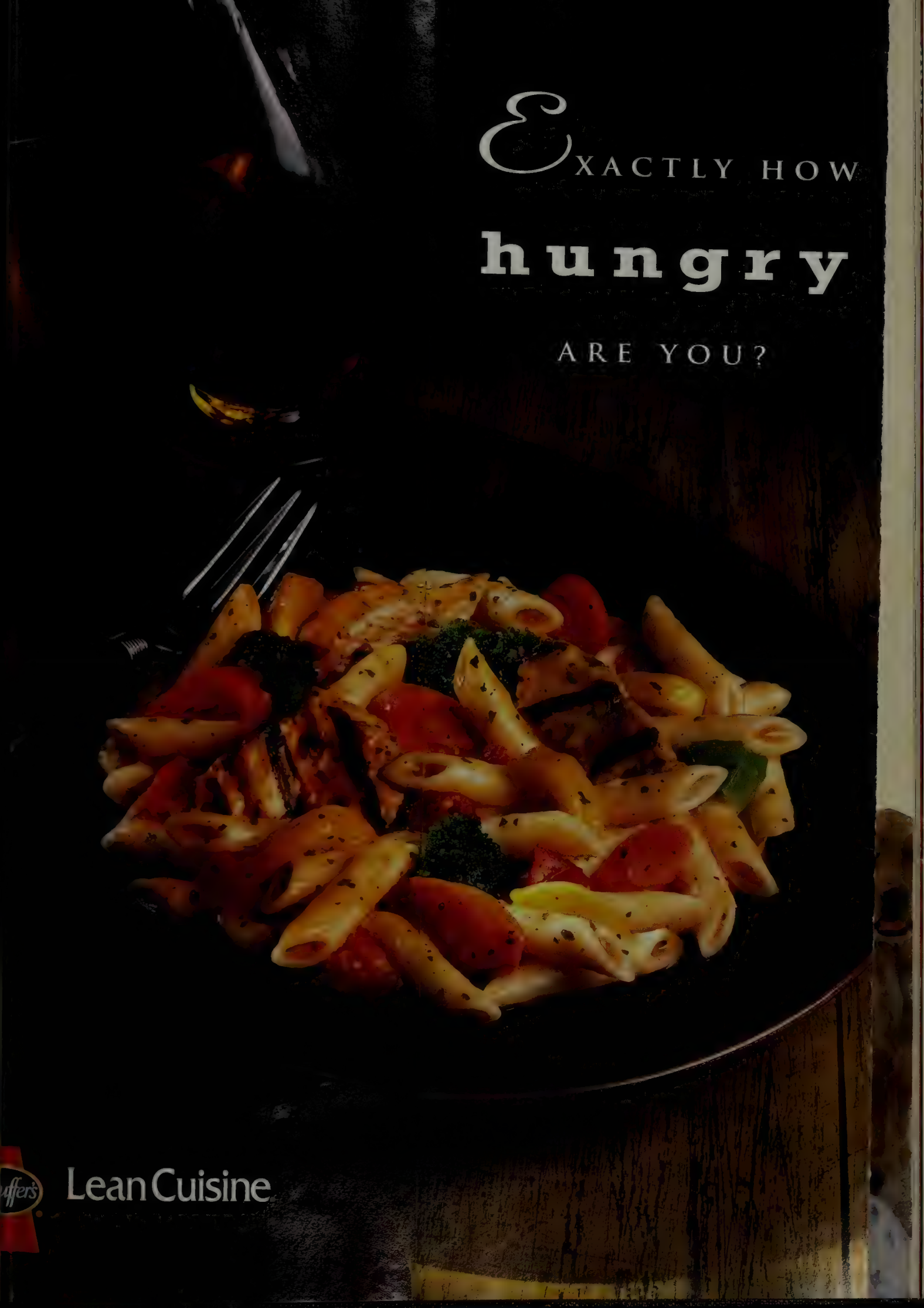
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Lean Cuisine

8 HEARTY MEALS TO CHOOSE FROM



Sirloin Beef Tips
with Noodles and Garden Vegetables



Grilled Chicken & Penne Pasta
Chicken Tenderloins with Garden Vegetables and Herb Sauce



Roasted Turkey Breast
with Gravy, Cornbread Stuffing and Vegetables



Roasted Chicken with Mushrooms
Chicken Tenderloins with Rice and Creamy Mushroom Sauce



Chicken Florentine
Chicken Tenderloins and Vegetables in a Mild Cheese Sauce with Pasta



Oriental Glazed Chicken
with Vegetables and Fried Rice Blend



Jumbo Rigatoni with Meatballs
and Marinara Sauce



Beef Lo Mein
[illegible] Vegetables
[illegible] Sauce

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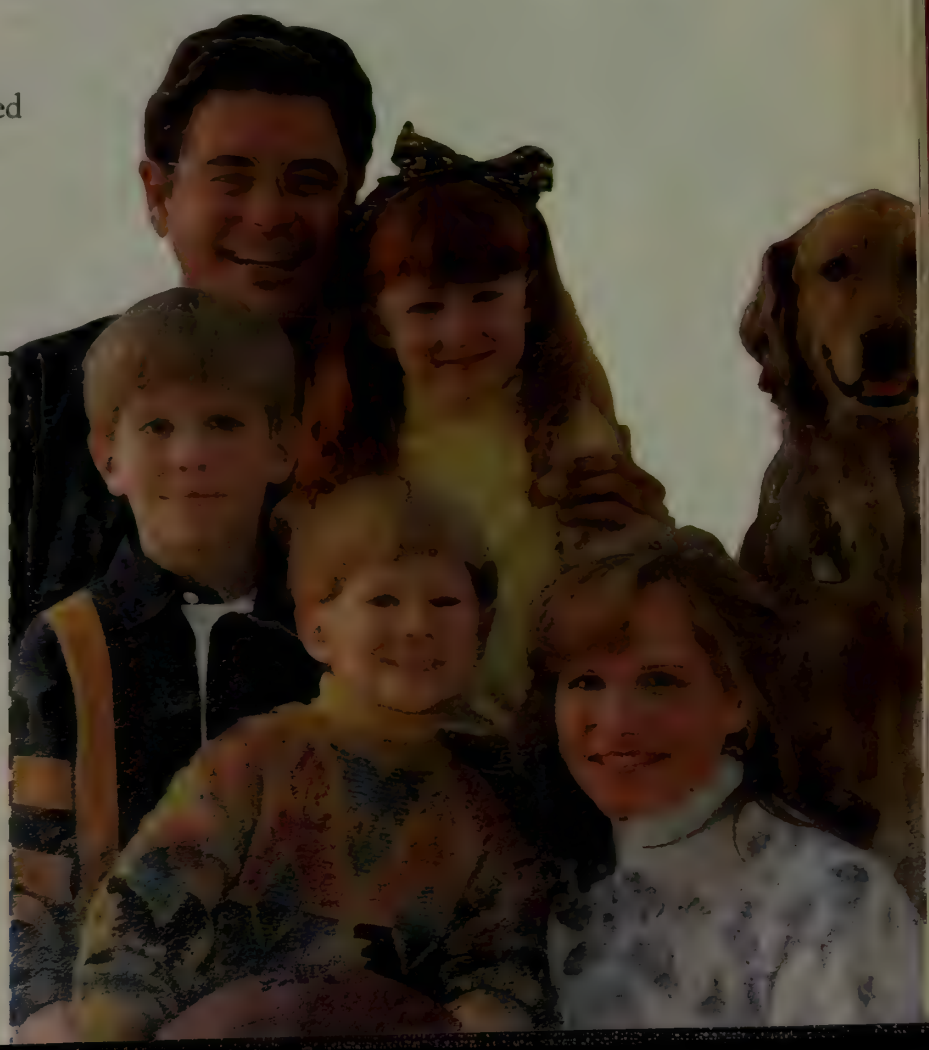
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BH&G kids™



Countdown to the Holidays

It's the most wonderful time of the year, when the house smells like turkey and gingerbread, and there are surprises waiting around every corner. Turn the pages for craft ideas to put you in the spirit and some shopping suggestions to help you find the perfect gift for every good boy and girl on your list.

by Barbara Hall Palar



By suddenly introducing your dog to a new diet, you could be treating him to a stomach ache. The fact is, a consistent diet of one nutritionally complete and balanced food is actually better for dogs. And that's why you can feel good about feeding your dog Purina® Dog Chow® brand dog food each and every day. With all the taste and nutrition dogs need.



Because, after all, dogs never get sick of good nutrition.

Purina® Dog Chow® Every Day.



BH&G kids

continued from page 268

Tortilla tepees

Cut 7- or 8-inch *flour tortillas* in half. Form each half into a cone, overlapping slightly and leaving a center top opening about ½ inch across. Secure with a *toothpick*. Dip ends of *pretzel sticks* in *canned frosting*, then insert 3 pretzels into center opening of each tepee and spread slightly apart, pressing against inside of tortilla to adhere. Dilute desired *food coloring* with water and use paintbrush to make designs on side of tepee.



Talking turkey at your table

Here's a place card idea that's edible and fun to make. Just use your favorite gingerbread cookie recipe (or borrow ours, found on *page 286*), a hand-shaped cutter or pattern, and your own embellishments. Keep the kids busy decorating during those hours of anticipation before everyone arrives, or invite each guest to create his or her own design. *Recipe and instructions on page 286.*



continued on page 274



There she goes. Spinning, singing, dancing, showing her underwear off to the world.

With dresses this adorable, they'll never notice her underwear. Cute plaids, pretty prints, colorful solids. Just call to find out more. And don't be embarrassed. Wait until she hangs upside down on the monkey bars.

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a floppy-eared-
appletree-dog.
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imagination.



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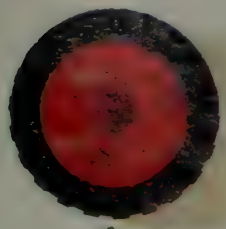
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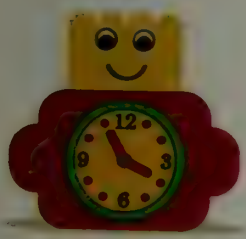


If you just see a
wheel, you're being
much too real.

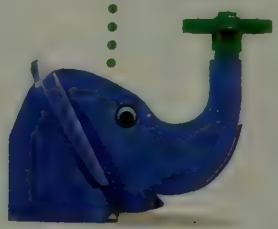




Is it a bird?
Or a plane?
There's really
no need
to explain.



Is it a clock?
Yup. But who
knows where it
winds up?





Introducing FreeStyle™

It's hard to imagine
childhood without it.



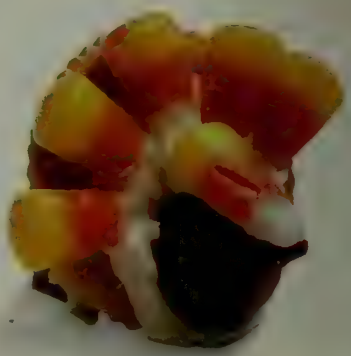
BH&G kids™

continued from page 270



Gobble good

Spread some *canned vanilla frosting* on a *round cracker.* Place a *chocolate kiss* near the bottom of the cracker. Add *corn candies* above the kiss to make feathers; place one corn candy on the kiss for the head. Let frosting dry. Attach a *caramel* to the back with more frosting. When dry, place on your Thanksgiving table or nibble for a treat. Gobble, gobble!





Cool pops!

These Christmas treats are made with fruit flavored gelatin and candies. The kids can help put the candy and popsicle sticks into cups of liquid.

Recipe on page 287

continued on page 276



Lose yourself in my new, Thick'n Fudgy brownies.

It's easy with three irresistible varieties. Cheesecake Swirl, Double Chocolate, and Walnut. New from Pillsbury.



Pillsbury...It's easy to bake the best.

BHG kids

continued from page 274



Make a gift of adventure they'll cherish through childhood

Vroom!

Purchase a piece of primed canvas at an art supply store. With coated side up, sketch your design in pencil, making roadways approximately 3 inches wide. With a razor blade, cut a 1-inch by ¼-inch rectangle in the middle of a 3-inch sponge roller. Rotate roller halfway and cut another rectangle. Roll in black paint. Roll the paint, in one direction, along your penciled roadway. The rectangles you cut will create the divider lines. Paint houses and scenery with colorful school-grade acrylic paint. Erase pencil lines. Apply two coats of acrylic polymer, allowing to dry 24 hours between coats. For storage, simply roll up. Clean with a damp cloth.

continued on page 280

Real Fruit Juice Makes It Berry Good.

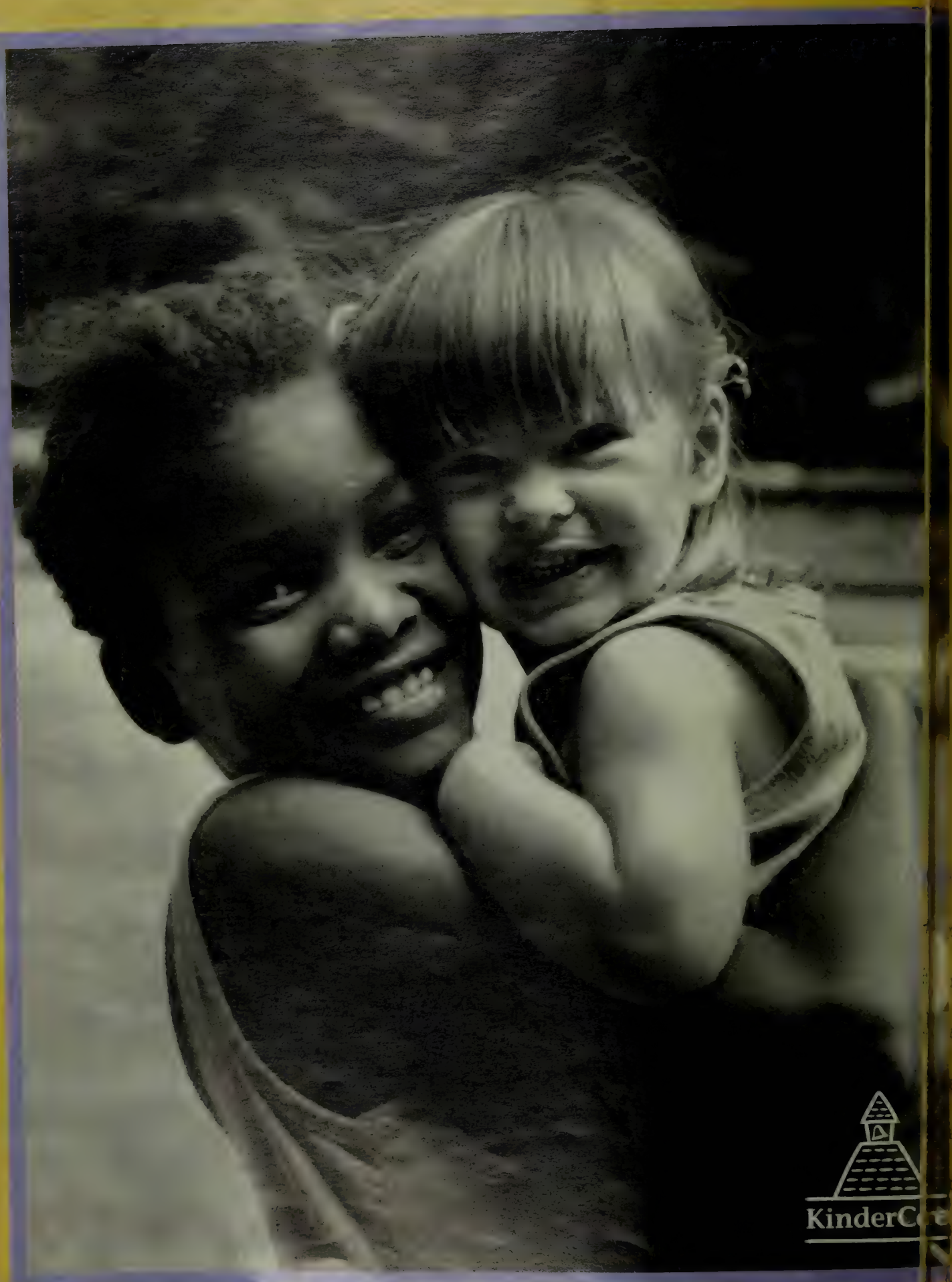




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In every crispy, delicious bite of Berry Berry Kix® there's real fruit juice added. Natural fruit flavors, too. So it makes kids and moms berry, berry happy.

A Kid's Cereal You Can Feel Berry Berry Good About.



© 1995 KinderCare Learning Centers, Inc.

IF THE BRAIN IS THE MOST IMPORTANT THING TO DEVELOP WHEN YOU'RE TWO YEARS OLD, THE HEART CAN'T BE FAR BEHIND.

She knows what a doggie is. She recognizes her colors. She even can sing her favorite song. (Kind of.) But the accomplishments that bring the biggest smile to your face are when she gives her favorite doll to a crying baby. Or hugs a teacher good-bye. Or says thank you for the new book Grandma gave her for her birthday.

At KinderCare, we know just how important the emotional and social development of your child is. That's why, for the last 25 years, we've followed closely an innovative set of ideas based on Whole Child Development.

Here, your child's day is filled with many fun activities that will stimulate her not only socially, but intellectually, emotionally, and physically as well.

And through play, she'll begin learning the importance of cooperation and sharing. How to understand her feelings. Self-confidence. Respect for herself and for others. And a love of learning. All things that will stay with her for a lifetime. Call 1-800-707-7979, ext. 10 for the KinderCare nearest you. Then set up an appointment as soon as possible. (We accept children from 6 weeks to 12 years.) After your visit you'll be sure to come away happy and confident. And so will your child.

Teaching lessons that last for life.

Sandra Scarr, Chairperson of the Board, KinderCare and Professor of Psychology, University of Virginia, talks about what it takes to provide quality child care that not only teaches the ABC's, but teaches the lessons of life:

"More than anything, quality child care means caring. In an environment where teachers care for kids and kids care for teachers. We strive for making relationships that understand and treat each child as a unique human being.

"That's why our teacher training is so important. We stress on-going training that encourages how to develop important, close relationships with every child in the center. When it works, kids and teachers, parents and teachers, kids and kids, become friends for life."



BH&G kids

continued from page 276

Stuff 'n stitch

Trace *cookie cutter* shape onto colored *oaktag* or *construction paper;* place *a sheet of clear vinyl* atop traced shape and cut out. Holding the two shapes together, punch holes around outside edge of each with a *paper punch*. Brush one end of a 32-inch strand of *yarn* with *clear nail polish*. Allow to dry. Sew around the edges of the shape. When half of the shape is stitched, add filler such as *confetti*, *buttons*, or *cereal*. Stitch the rest of the shape. Knot the yarn ends on the back side. Trim ends or tape them to the back. Add additional trims such as *buttons*, *bows*, and *bells*. Add a hanging loop.



Sugarplum visions

Crush hard candies into small pieces. Line a baking sheet with foil. Place a round metal cookie cutter or other shape on baking sheet. Spoon about 1 Tbsp. crushed candy into the shape. Bake in a 350° oven for 5 to 6 minutes or till candy is melted. Remove cutter. While candy is still soft, use a toothpick to press a loop of ribbon into top of ornament. Cool completely. Carefully peel off foil.

continued on page 282



Tonka® Tough Guys #11

MIKE & ROSIE BONSANTI, 2½ & 4 YEARS OLD
TONKA FARM FAMILY

"We looked at other farms, but this one has everything. Mike and Rosie feed the animals, build the fences, load the truck, and at night, the Tonka Farm gets tucked in right along with the kids."



The Tonka Farm folds out so lots of farmers can play. It has everything you need to run a farm... a barnful of animals, a friendly farmer, lots of farm accessories, and, of course, a Tonka Farm truck.



Tonka® Means Tough.

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kids™

continued from page 280

Thread some holiday cheer onto a festive ribbon—it's as much fun to make as it is to wear.

Christmas charms

It's so much fun to have special holiday duds to wear. It's even more fun when you make them yourself. Dress up a turtleneck with our festive Sugarplum necklace.

Instructions begin on page 288

continued on page 284


Engineered for comfort
since 1895.
Dylan, photographed by his mother. 1992 photo contest finalist.
OshKosh
B'gosh
THE GENUINE ARTICLE
Celebrating a Century as
The Genuine Article.
For more information, call 1-800-282-4674



BH&G kids

continued from page 282

Southwestern snowflakes

These pretty flakes make a great winter treat or a decoration for your tree.

Place a *6- or 8-inch flour tortilla* on cutting board. Use *small hors d'oeuvre cutters* to cut out small shapes from inside of tortilla. Also use cutters to make a decorative edge, or scallop edge with scissors. Place on ungreased baking sheet. Repeat with other tortillas, placing them in a single layer on baking sheet. Brush tops of tortillas with *melted margarine or butter.* Bake in a 350° oven for 5 to 7 minutes or till lightly browned and crisp. Transfer to cooling rack. Sift *powdered sugar* over tops. Cool completely.

Clothespin clip art

Angel clip. Spray a *clip clothespin* with *white paint.* Cut wings from *pale blue construction paper.* Cut two circles from a *gold paper doily.* Use one circle for the halo; cut the other in half for the collar; save the remainder to decorate wings. For hair, wet a 12-inch strand of *yellow embroidery floss* and wrap around a pencil. Let dry overnight. Decorate wings using the gold doily and *star-shaped confetti.* Open clothespin. Glue wings and halo to the upper pin. Close the clothespin. Glue collar to front. Next, glue hair in place, cutting floss into small curls, if desired. Add face using markers or beads.

Cardinal clip. Color a *clip clothespin* with *red felt-tip marker.* Cut wings from *red construction paper* and a diamond shape from *orange felt* for the beak. Place a dot of glue on center of beak. Place *dried greenery* atop glue and fold beak in half. Open clothespin; glue center of wings to upper pin; glue beak fold to front of upper pin. Add black dots with marker for eyes.

continued on page 286



He craves fast food.
He hungers for stuff you consider junk.
But look what he's into at breakfast.

he doesn't like it, he just
n't eat it. Period. Which
why Nabisco® Frosted
eat Bites™ is the perfect



The Original Shredded Wheat™

breakfast cereal for him.

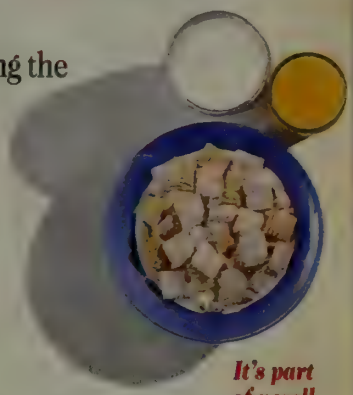
He'll dig right in—because it's lightly frosted outside with a touch of brown sugar inside.

And you'll be happy to know that it's made with The Original Shredded Wheat.™

NATURALLY SWEETENED

Brown sugar inside each square

All of which means he'll be getting the wholesome goodness of whole grain nutrition in a cereal he thoroughly enjoys. So before you give up on the idea that he might, someday, actually enjoy eating something you feel good about, pick up a box of delicious Nabisco® Frosted Wheat Bites.™



It's part of a well balanced breakfast

We think you'll find that someday may arrive sooner than you think.



Nabisco®
Frosted Wheat Bites™
THE FROSTED CEREAL EVEN MOMS LOVE™

continued from page 284

Here are instructions and recipes for the holiday crafts pictured on pages 270–282.

TURKEY HANDS

see photo on page 270

- ½ cup margarine or butter
- ½ cup sugar
- ½ tsp. ground ginger
- ½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- ½ tsp. baking soda
- ¼ cup molasses
- 1 Tbsp. lemon juice
- ½ tsp. vanilla
- 1 egg yolk
- 2 cups all-purpose flour
- Small candies such as red hots, candy corn, miniature candy-coated semisweet chocolate pieces
- Icing (see recipe, *opposite page*)

In small mixer bowl beat margarine or butter with an electric mixer on medium to high speed for 30 seconds. Add sugar, spices, and soda; beat till combined. Add molasses, lemon juice, vanilla, and egg yolk; beat till combined. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour with a wooden spoon. Wrap dough and chill 3 hours or till firm.

On a lightly floured surface, roll half of the dough ⅛ to ¼-inch thick. Cut out cookies using a 5-inch hand-shaped cookie cutter. Or, make a cardboard pattern of a hand and cut around pattern using a sharp knife. Place cookies 2 inches apart on a greased cookie sheet. Bake in a 375° oven for 6 to 8 minutes or till edges are lightly browned. Cool on cookie sheet for 1 minute. Remove and cool on a wire rack. For each cookie, also cut out a triangle (2x3x3½ inches) from the dough and bake as above.

When cookies are cool, use icing to pipe names onto bodies of turkeys. Let dry for several hours. Turn cookies facedown. With icing, attach triangles (place-card stands) to back of hand as shown on page 270. Let dry completely before standing up. Use icing to attach decorative candies as desired.



Makes 10 cookie place cards.

Icing

2 Tbsp. meringue powder
¼ cup warm water
3 cups sifted powdered sugar
½ tsp. vanilla
¼ tsp. cream of tartar
Food coloring

In a small mixing bowl combine meringue powder, water, powdered sugar, vanilla, and cream of tartar. Beat with an electric mixer on low speed till combined then on high speed for 7 to 10 minutes or till very stiff. Use at once or cover with plastic wrap to prevent drying.

Tint with food coloring as desired. When not using icing, keep it covered with clear plastic wrap to prevent it from drying out. Place icing in pastry bag fitted with a round writing tip. Makes 1½ cups.

CHRISTMAS TREE POPS

1 3-oz. pkg. lime- or cherry-flavored gelatin
1 cup boiling water
1 6-oz. can frozen apple, orange, or pineapple juice concentrate
1 cup cold water
½ cup fruit-flavored circle candies or candy-coated miniature chocolate pieces
8 3-oz. cone-shaped plastic or paper cups
8 wooden craft sticks

Place cone-shaped plastic cups inside short drinking glasses to balance. In a large bowl, dissolve gelatin in boiling water. Add the frozen fruit juice concentrate. Stir till melted. Stir in the 1 cup cold water. Transfer mixture into a liquid measuring cup. Freeze 30 to 45

continued on page 288

WARNING: POTENTIAL HAZARD

In the September 1995 issue, on page 238, we gave instructions for recycling crayons by melting them in the microwave. DO NOT PLACE METALLIC COLORED CRAYONS IN THE MICROWAVE. If you wish to melt metallic colored crayons (gold, silver, bronze) for your project, use a double boiler on the stove. When you are melting non-metallic crayons in the microwave, use caution and check melting progress frequently.



BH&G Kids

continued from page 287

minutes or till partially set. Meanwhile, place fruit-flavored circle candy in a plastic bag. With a rolling pin, crush candy into coarse pieces. Sieve crushed candy, discarding any dust. Stir sieved candy pieces or miniature color coated chocolate pieces into partially set gelatin mixture. Pour into cups, pushing candy to the sides of the cup with a spoon. Cover each cup with a foil square. Use a knife to make a slit in the center of each foil top. Push a wooden stick through hole into the juice mixture. Freeze about 6 hours or till firm. To serve, briefly allow warm water to run over plastic cup. Holding wooden stick, remove tree from cup. Makes 8.

SUGARPLUM NECKLACE

To make this necklace, you will need: Fimo clay in red, light brown, white, and green; waxed paper; rolling pin; miniature cookie cutters; drinking straw; dimensional paints in white, green, and yellow; assorted beads; spray varnish (optional); 1 green pipe cleaner; 1⅓ yards of ⅝-inch-wide green grosgrain ribbon; 1 yard of ⅝-inch-wide red grosgrain ribbon; 1 yard of ⅛-inch-wide green satin ribbon; fruit-flavor candy loops; fruit-flavor cereal loops.

To make clay shapes: Knead clay until pliable; press into a thin flat shape with fingers. Protect work surface with waxed paper. Place clay between two sheets of waxed paper. Roll flat with a rolling pin (about ¼ inch thick). Press cookie cutters into clay. Using the drinking straw, press a hole into the top of the ornament for hanging. *Note: When switching to a different color of clay, change waxed paper and wash hands.* Place cutouts on cookie sheet. To make peppermint candies (refer to photograph on opposite page), knead, press, and roll out a rectangle of red clay; repeat with white clay. Place red clay atop white clay; roll into a log. Cut log into ¾-inch lengths; use the excess clay from the log and roll it into ½-inch-diameter balls.



Baked Beans

Jelly Belly beans are the frosting on the cake for holiday treats. At four calories per bean & zero fat, they're not your ordinary jelly beans. You can find them in up to 40 colorful, mouthwatering, "true-to-life," fun flavors.

Jelly Belly® beans are available worldwide wherever fine candies are sold. For free recipes, menu and the name of your nearest retailer, CALL: 800 JB BEANS.

(800-522-3267) toll-free. Monday – Friday 8 a.m.-5 p.m. ®Reg. trademarks of Herman Goelitz, Inc. ©1995 Herman Goelitz, Inc.

Jelly Belly The original gourmet jelly bean.®

It's America's Favorite Jelly Bean®



With a toothpick, run a hole through the top of each log and the center of each ball.

To make tiny candy canes, roll a small piece of white clay into a long, very thin (1/16-inch-diameter) rope. Repeat with red clay. Twist the two ropes together. Cut into 1-inch lengths; curve top.

Bake shapes at 250° until hard, 20 to 30 minutes. *Note: Baking time is not determined by thickness or size of clay shape.* Let cool.

Decorate shapes with dimensional paint, beads, and candy canes, as desired. Allow to dry, then varnish all shapes for a glossy finish. Let dry. Cut a piece of narrow green ribbon for each ornament; thread through hole in each ornament. Knot ends to form a loop.

Necklace assembly: Cut green grosgrain ribbon in half. Wrap end of pipe cleaner (about ½ inch) around one end of a grosgrain ribbon strip; tie a red grosgrain ribbon bow around wrapped area.

Slip candy loops, cereal loops, peppermint logs, peppermint balls, and ornaments onto pipe cleaner in a pleasing arrangement, referring to photograph for assistance. When pipe cleaner is almost full, wrap end around one end of the remaining length of green grosgrain ribbon and tie with a red bow.

"Butter Flavor Crisco is artificially flavored. Toll House is a registered trademark of The Nestle Company, Inc.



CRISCO® BEATS BUTTER WITH A STICK.



CO CHOCOLATE CHIP RECIPE TOLL HOUSE RECIPE

ake up a batch of holiday fun with mouth-tering Ultimate Chocolate Chip Cookies. It's easy with Crisco's convenient ready-to-use Sticks. Here's the recipe that bakes up higher and stays softer and moister than the Toll House® recipe, which calls for butter. For delicious baking, cooks who know trust Crisco.



THE ULTIMATE CHOCOLATE CHIP COOKIE

3/4 cup Butter Flavor® Crisco
1-1/4 cups packed light brown sugar
2 Tbsp milk
1 Tbsp vanilla
1 egg
1-3/4 cups flour
1 tsp salt
3/4 tsp baking soda
1-1/2 cups chocolate chips

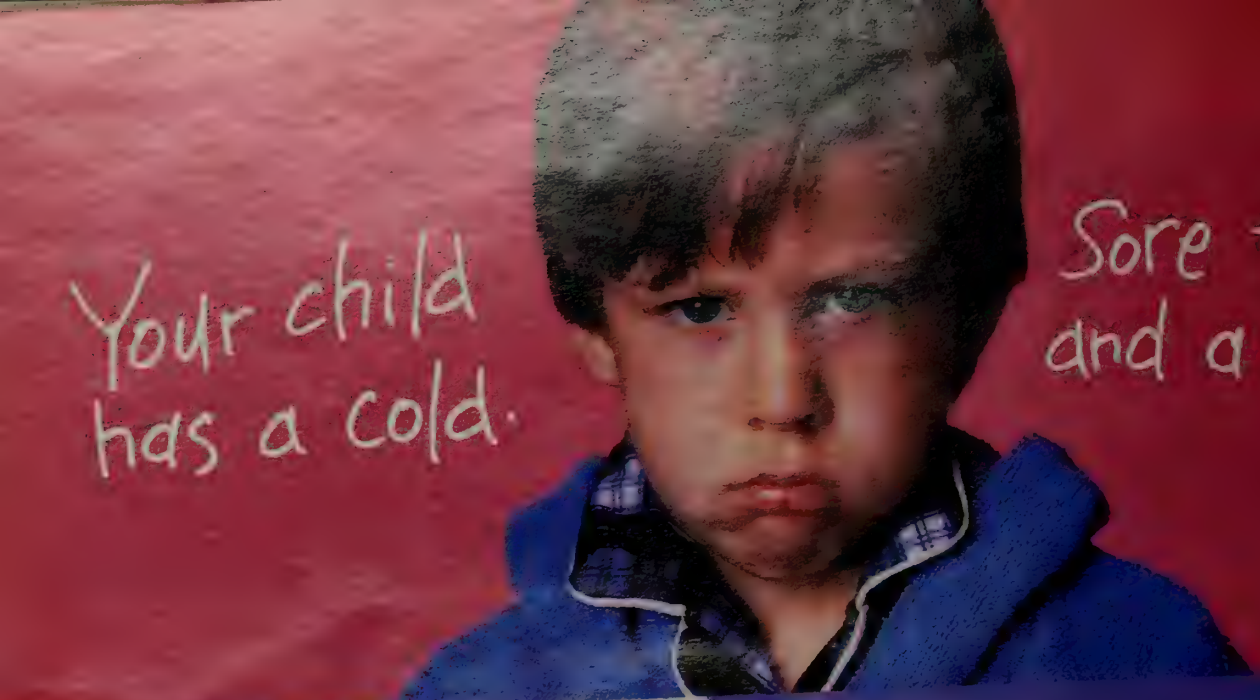
1. Heat oven to 375°F.
2. Combine Crisco, sugar, milk, vanilla in large bowl. Beat at medium speed until blended. Beat in egg.
3. Combine flour, salt, baking soda. Beat into mixture at low speed. Stir in chips. Drop rounded tablespoonfuls onto ungreased baking sheet.
4. Bake 8-9 min. for chewy cookies; 11-13 min. for crisp. Let cool.
About 3 doz. cookies.

COOKS WHO KNOW TRUST CRISCO

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Your child has a cold.

Sore throat, and a cough.





Here's something NEW. The only cough drop just for KIDS.

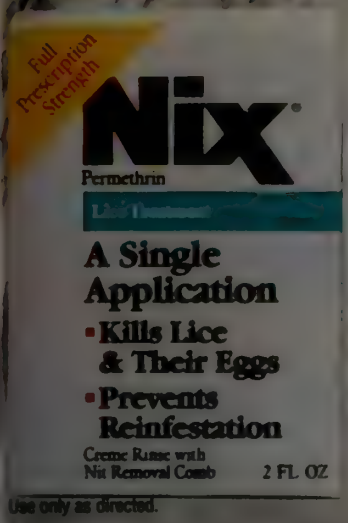
Sugar-fre with a kid-sized dosage o HALLS® VAPOR ACTION

He feels better.



You fee better.

HEAD LICE.
IT'S AS COMMON AS CHICKEN POX.



That's why it's so important for you to know about the best way to treat head lice — Nix® Creme Rinse.

Why is Nix better?
Because lice lay eggs that cling to your child's hair and hatch after conventional treatment — and this can cause reinfestation.

Only Nix kills lice and their eggs on contact and keeps on working to prevent reinfestation.

Dealing with lice once is bad enough. That's why, if your child gets lice, you want Nix.

ONLY Nix® KILLS LICE AND KEEPS THEM FROM COMING BACK.



WISH LIST

We've been talking to Santa, and Santa told us that the gifts on these pages are guaranteed to bring a happy Christmas to those on the receiving end—and also to those who give them.

zots,

zots,

zots,

zots!

Imaginations soar with **Toobers & Zots,** a colorful collection of bendable foam tubes and zany attachables. Sets are priced from $4.95 to $29.95. Hands On Toys. 617/932-8774.

continued on page 294



New Children's Non-Drowsy SUDAFED®

ets your child get back to the serious business of having fun.

like many kids' cold medicines, new Children's Sudafed relieves congestion and coughs hout sluggish, drowsy side effects. That's because Children's Sudafed contains the doctor ommended Sudafed decongestant you know and trust–but no ingredients that cause drowsi-s. So it knocks out colds, not kids. No other children's line gives you relief like this. Children's dafed. Available in Decongestant Liquid, Dye-Free Pediatric Drops and Cold & Cough Liquid.



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dicines all free of
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Retailer: We will pay for the face value of this coupon, plus 8¢ handling, if submitted in compliance with the Warner Wellcome Coupon Redemption Policy, available upon request. Void where prohibited, taxed, or restricted by law. Cash value 1/100¢. Mail coupons to Warner Wellcome, CMS Dept. #12546, 1 Fawcett Drive, Del Rio, TX 78840. Expires June 30, 1996.

Non-Drowsy cold relief for kids.

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continued from page 292



Blurt it out

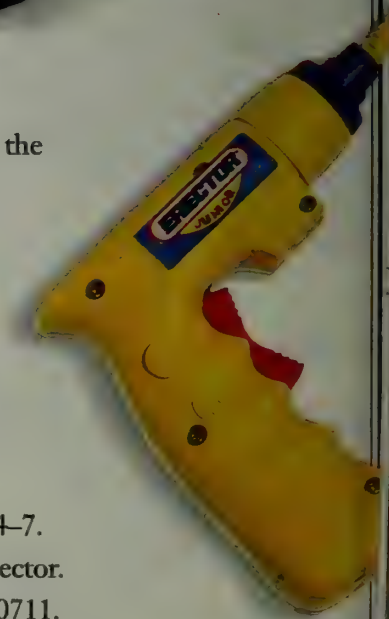
What do you call the joint of a finger? How about the last car on a freight train?

If you knew the answers to those questions in a nanosecond, you'll be a whiz at **Blurt**, a fast new word racing game. Ages 7 to adult. Approximately $20. Travel versions $10. Patch Products. 800/524-4263.



Let's build

Now younger kids can experience the thrill of making toys with tools. The **Junior Erector Tool Center** includes the Junior Power Tool, wrench, screwdriver, and enough parts to construct six models. Large, sturdy parts are designed for little hands. Ages 4–7. $29.99. Erector. 212/397-0711.

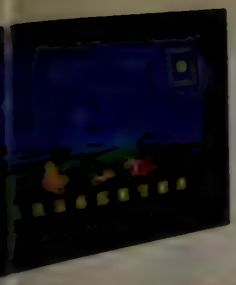




Rock 'n moo

Little cowpokes will love rocking to town on this cuddly **Rocking Cow.** The cover is removable and washable. Ages 1–3. Suggested price around $50. Little Tikes. 216/650-3000.

continued on page 296





The average preschooler spends 3 hours a day glued to TV. Pico makes it a smart 3 hours.



In the first seven years of life, a child's mind is like a sponge. So make sure your kids absorb the right things. You can if you make learning fun with Pico,™ the amazing interactive learning system from Sega.® It turns your TV into your children's first computer. And turns on the power of their imaginations. Using a magic pen instead of a mouse and fun "storybook" software that features Pocahontas, Berenstain Bears, the Lion King and 12 more, they will learn reading, numbers, science, art, and music. They can even animate cartoons.



Call for more information on Pico. Do it soon, while your child still has an open mind.

Call for a free video featuring a panel of child development experts who show you how interactive learning gives your child a headstart on education. 1-800-KID PICO ext. 106





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YOU CHOOSE THE DESTINATION!

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Mail to: BH&G KIDS™
Family Vacation Sweepstakes
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Clinton, IA 52736-5479

Deadline: December 8, 1995

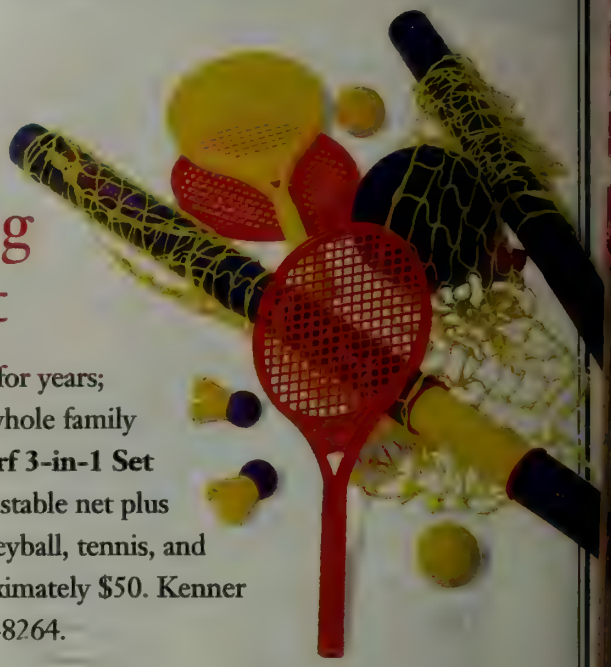
Co-Sponsored by:

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Official Rules: 1. NO PURCHASE NECESSARY. 2. To enter, write the words "BH&G KIDS™ Family Vacation Sweepstakes" on a [illegible] along with your name, address and telephone number and mail to address indicated. 3. Entries must be received no later than December 8, 1995. The Grand Prize consists of round-trip coach airfare for [illegible] U.S. gateway city to the destination of [illegible] continental U.S. 4. Trip must be [illegible] subject to availability, 21-day advance purchase and Saturday night stay. Estimated retail value $3,000. Winner will be chosen by random drawing from all entries received by [illegible] December 11, 1995; one entry per family. Decisions of the judges are final. Entrants must be 18 years old and a U.S. resident. Winner will be notified in writing by [illegible] Meredith Corporation and the co-sponsors are not responsible for any injury or harm incurred by the winner [illegible] the trip. 7. Entry constitutes permission to use winner's name, photograph, hometown and general [illegible] and advertising purposes, except where prohibited by law. 8. All taxes are the sole responsibility of the winner. Employees and family members of Meredith Corporation and [illegible] sponsors, their agents, affiliates and subsidiaries are not [illegible] 10. All federal, state and local laws apply. Void where [illegible] Winner will be required to sign an affidavit of eligibility, and winner and travel companions will be required to sign a [illegible] within 30 days of notification. 11. Odds of winning depend on number of entries received. 12. No responsibility is assumed for lost, stolen, illegible or late entries. For winner's list, send [illegible] to: BH&G® Family Vacation Sweepstakes Winner [illegible]

BH&G kids WISH LIST

continued from page 294



Nerfing the net

You've loved Nerf for years; here's a game the whole family can enjoy. The **Nerf 3-in-1 Set** comes with an adjustable net plus equipment for volleyball, tennis, and badminton. Approximately $50. Kenner Products. 800/327-8264.



Bug patrol

Do your kids like to pick up bugs, rocks, and other treasures? **Trek Pak** action/adventure belt can make the finding even more fun. The belt comes with a compass, a net, a magnifying glass, and adventure cards, and features compartments and loops to hold other cool Wild Planet stuff, such as a flexible-neck flashlight and Adventure Tool. Trek Pak price $18; other pieces sold separately. Ages 4 and up. Wild Planet Toys. 800/247-6570.

continued on page 298

ntroducing the
raining pants
hat really
elp you teach.

FRONT ... BACK

New back label shows kids how their "Big Kid" pants go on, and helps you teach dressing skills. Only PULL-UPS® have it.



DAY ... NIGHT

These leak guards protect so well there's no need to put kids "back" into diapers. They're not babies they're "Big Kids."

WET ... DRY

You want your child to get the Big Idea. So new PULL-UPS have an "awareness" liner designed to signal wetness.



I'm a Big Kid now!® No diaper or training pant has all the training features of Pull-Ups. And no training pant stops leaks so well. Why train with anything else?



Hanes lets you turn T-shirts into Free Shirts.

And socks and shorts and sweats. Are you all geared up for the Olympics yet? Well here's your chance. You can get exclusive Hanes Head 2 Toe Team Gear free when you buy Hanes® and Hanes Her Way® quality apparel. Just save your proofs-of-purchase. The more proofs you save, the more gear you can get. And Hanes Head 2 Toe Team Gear comes in kids and adult sizes; it's perfect for your team or your kid's team; and buying Hanes helps support the U.S. Olympic team. See participating stores for details, or call 1-800-252-1480. So buy Hanes® and Hanes Her Way® and get yourself and your team in gear.

USA Hanes
Proud To Sponsor The 1996 U.S. Olympic Team From Head To Toe.

Just wait'll we get our Hanes on you.®

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BH&G kids™ WISH LIST

continued from page 296

Sight & sound

Some are brand new; some tried and true. But all of these children's audio and video tales make wonderful gifts.

VIDEO

Garbage Day! Follow Gus the garbageman on the neighborhood pickup route, then to the landfill and the recycling center. *Ages 2–7. ChildVision, $14.95, 800/488-1913.*

Let's Go to the Farm. Kids spend a fun, and chore-filled, year on a picturesque Vermont dairy farm. *Ages 2–8. Vermont Story Works, $19.95, 800/206-8383.*

I Dig Fossils. A father and son show how anyone can safely hunt for real fossils, just a short trip from home. *All ages. Mazon Productions, $19.95, 800/332-IDIG.*

Really Wild Animals series. Knockout wildlife footage, snappy music-video montages, and a witty animated host named Spin combine for hours of riveting viewing. *Ages 4–10. National Geographic/ Columbia TriStar Home Video, $14.95 each, 800/343-6610.*

OWL/TV: Wet & Wild; Creepy Creatures & Slimy Stuff; Born to be Wild. Kid-centered documentaries feature up-close-and-personal animal adventures, such as swimming with dolphins. *Ages 5–up. The Children's Group, $9.98 each, 800/668-0242.*

Madeline at Cooking School; Madeline's Rescue. Ooo la la. The plucky French schoolgirl's animated escapades are narrated by Christopher Plummer. *Ages 3–up. Golden Book Video, $12.95, 800/236-7123.*

The World of Peter Rabbit and Friends series. Beatrix Potter's much-loved characters leap to life in exquisite animations, faithful to the author's original watercolors. *Ages 3–12. GoodTimes Home-Video, $19.95, 800/523-0823.*

Big Red. A trip to the fire station includes firefighting footage, music, and safety tips. *Ages 2–8. Fire Dog Pictures, $14.95. 800/815-1234.*

Far From Home: The Adventures of Yellow Dog. Lassie would approve of this film about a boy and his faithful dog. Following a boating accident, 14-year-old Angus and his adopted pooch Yellow must help each other survive in the Canadian wilderness—even if it means eating bugs. *Fox Video, rated PG, 19.98, 800/800-2FOX.*

Little Women. Winona Ryder, Susan Sarandon, and a young cast of top-notch performers invigorate Louisa May Alcott's classic family story. *All ages. Columbia Tristar Home Video, rated PG. $19.95. 800/343-6610. Look for a special gift package, which includes a jewelry box, locket, and book for $29.95.*

AUDIO

Will You Be My Friend? *The Roches.* The folk-singing sister trio lends their unmistakable sound to warm and sometimes silly songs. *Baby Boom Music, $10.98 cassette, $15.98 CD, 612/470-1667.*

A Cathy & Marcy Collection for Kids. *Cathy Fink & Marcy Marxer.* Mandolin, ukulele, and tin drum are just a few of the accompaniments to Cathy & Marcy's airy harmonies on this compilation of their hits for kids. *Rounder Records, $9.50 cassette, $15 CD, 800/443-4727.*

Zag Zig. *Tom Chapin.* Family-music troubadour Chapin uses a range of musical styles and plenty of lighthearted humor to convey environmental and other positive messages. *Sony Wonder, $9.98 cassette, $13.98 CD.*

Choo Choo Boogaloo. *Buck-wheat Zydeco.* Stanley "Buck-wheat" Dural, Jr., introduces kids to zydeco music and the French Canadian/African roots of the Louisiana bayou with zippy renditions of classic and contemporary tunes. *Music for Little People, $9.98 cassette, $15.98 CD, 800/727-2233.*

Lullaby. *Various artists.* This peaceful album of lullabies from around the world soothes with lush harmonies, rich a cappella performances, and dreamy instrumentals. *Music for Little People/Warner Bros. Records, $9.98 cassette, $15.98 CD, 800/727-2233.*

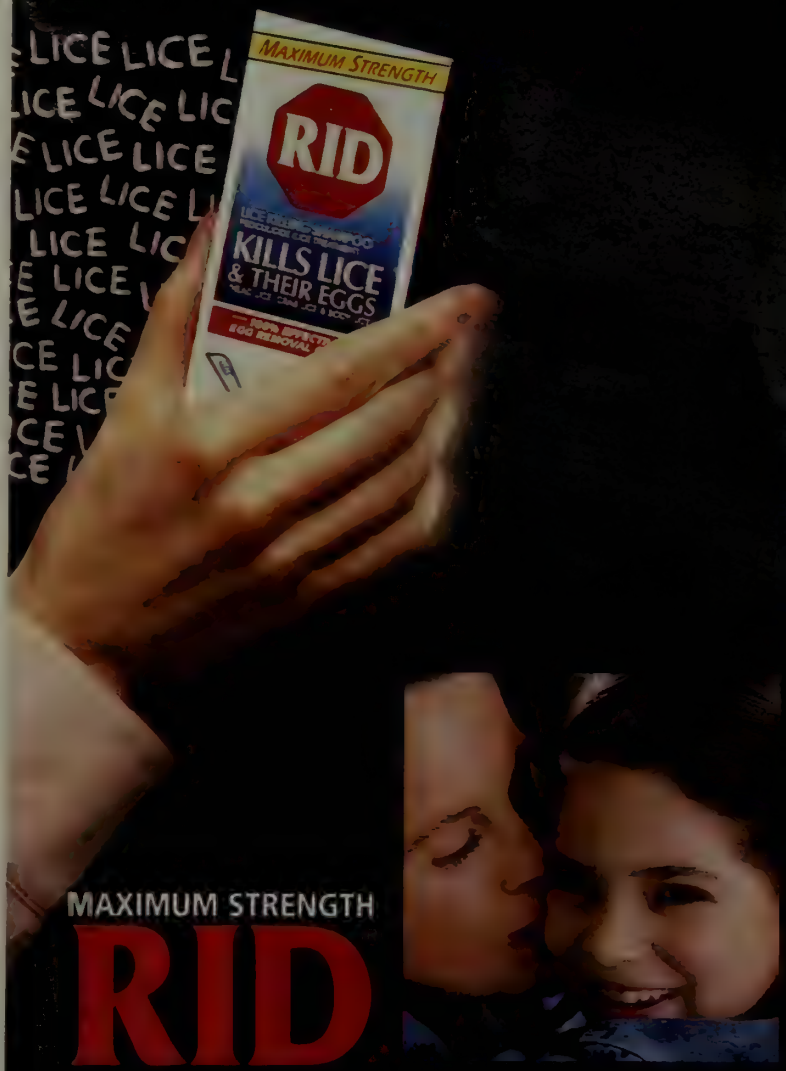
Sing Along Stew. *Linda Arnold.* Arnold serves up a batch of smooth-sounding familiar tunes that encourage listeners to join right in. *Alcazar Records, $9.98 cassette, $15.98 CD, 800/541-9904.*

Dennis Hysom Sings the Woolycat's Favorite Fairy Tales. Hysom gives the classics a twist in these catchy musical versions of such beloved stories as Little Red Riding Hood and Goldilocks and the Three Bears. *Alcazar Records, $9.89 cassette, 800/541-9904.*

by Shannon Maughan

continued on page 300

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Introducing Improved Comet Liquid Gel.

Comet Liquid Gel combines superior cleaning power to cut through tough, greasy dirt *faster* than other gels and the effectiveness of Chlorinol to bleach away stubborn stains.

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Kids WISH LIST

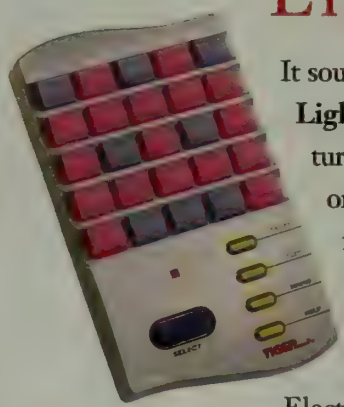
continued from page 299



On the farm

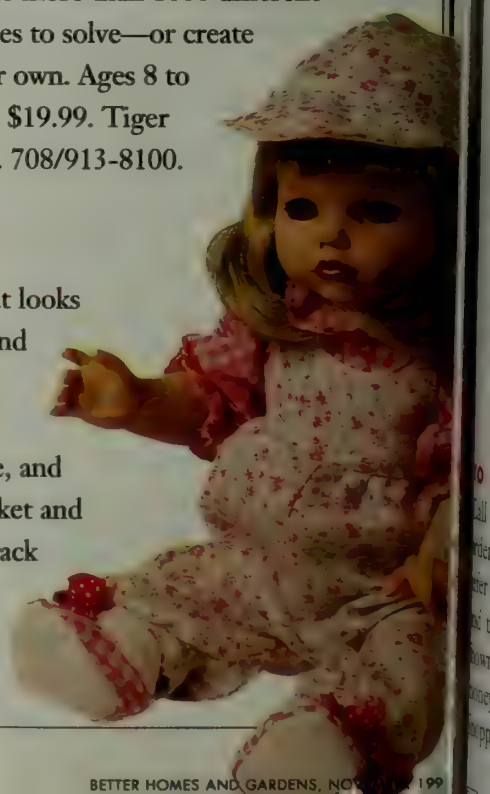
This sturdy **Farm Playset** will provide hours of fun. Lift the hay bales up to the loft, then take the horse out for a trot. And don't forget to have the farmer fill up his truck with gas. It all folds together for handy storage. Ages 2 and up. Approximately $70. Tonka. 800/24TONKA.

Lights out



It sounds easier than it is. The object of **Lights Out** is to press the buttons and turn off all the lights. But when you turn one off, another lights up. The game features more than 1000 different puzzles to solve—or create your own. Ages 8 to adult. $19.99. Tiger Electronics. 708/913-8100.

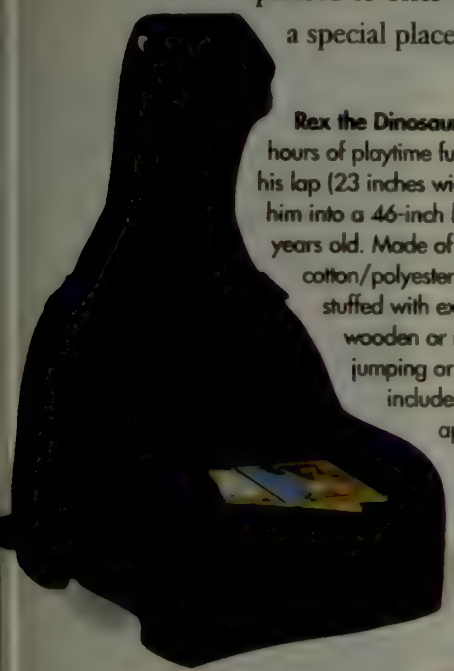
She's yours



Is your child pining for a doll that looks like her? You should be able to find a close match with **Baby So Beautiful.** Every doll features a different combination of hair, eye, and skin color. Dolls come with a locket and a photo album for your child to track special moments. Approximately $2... Playmates Toys. 71...

It's OK to Jump On This Furniture

Hey parents! Hey grandparents! If you're looking for just the right gifts for kids, the two products on this page are extra nice. By special arrangement with the manufacturer, Fun Furnishings, *Better Homes and Gardens*® magazine is pleased to offer this child-size furniture that will give kids a special place of their own.



Rex the Dinosaur is a 42-inch-tall toy that will provide hours of playtime fun. After play, kids can take a seat in his lap (23 inches wide and 27 inches deep) or unfold him into a 46-inch bed. Rex fits most kids up to 8 years old. Made of blue, pink, red, or purple cotton/polyester blend fabric (surface washable) and stuffed with extra thick foam, there are no wooden or metal parts to injure kids while jumping or playing. Rex costs $119.95 (which includes shipping, handling, and sales tax, if applicable). Specify color and allow 3 to 4 weeks for delivery.



The **Kid Size Sofa** measures 38 inches wide (big enough for two kids) with 21-inch-high backs (for most children up to 8 years old). The seat folds out into a comfy 47-inch sleeper. Made of quality furniture fabric on a comfortable foam base, there are no wooden or metal frames to injure kids while jumping and playing. Print fabric choices include spring posies (shown) or jungle critters, both 100% cotton with Scotchgard protection. Also available in cotton-polyester blend fabrics in solid colors (surface washable) of royal blue and red. Print fabric sofas cost $119.95 each; solid-color fabric sofas cost $109.95 each. Prices include shipping, handling, and sales tax, if applicable. Specify print fabric choice or solid-color fabric choice and allow 3 to 4 weeks for delivery.

More gift ideas for kids on page 303.

TO ORDER

Call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066 to order with your Mastercard, Visa, or American Express card. To order by mail, refer to the information above and make a list specifying the item(s) you desire and the choice of fabric for each item. Calculate the total from the prices shown and then mail your list along with your name, address, and a check or money order for the total amount to: *Better Homes and Gardens* Reader Shopping Service, Department 9511, Box 9128, Des Moines, IA 50306-9128.

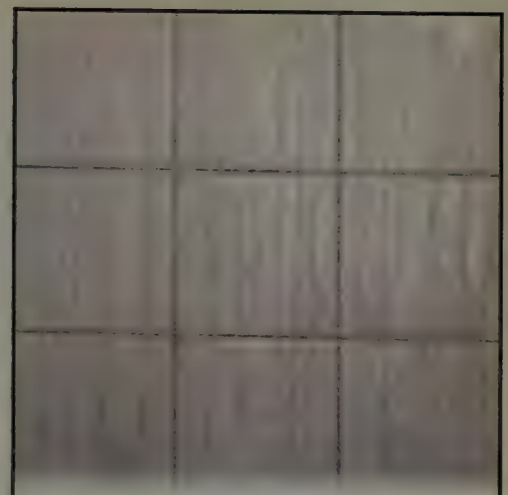


figure 1. BEFORE
Soap scum builds up over hard water stains creating hard-to-remove layers on shower walls.

Break down build-up.



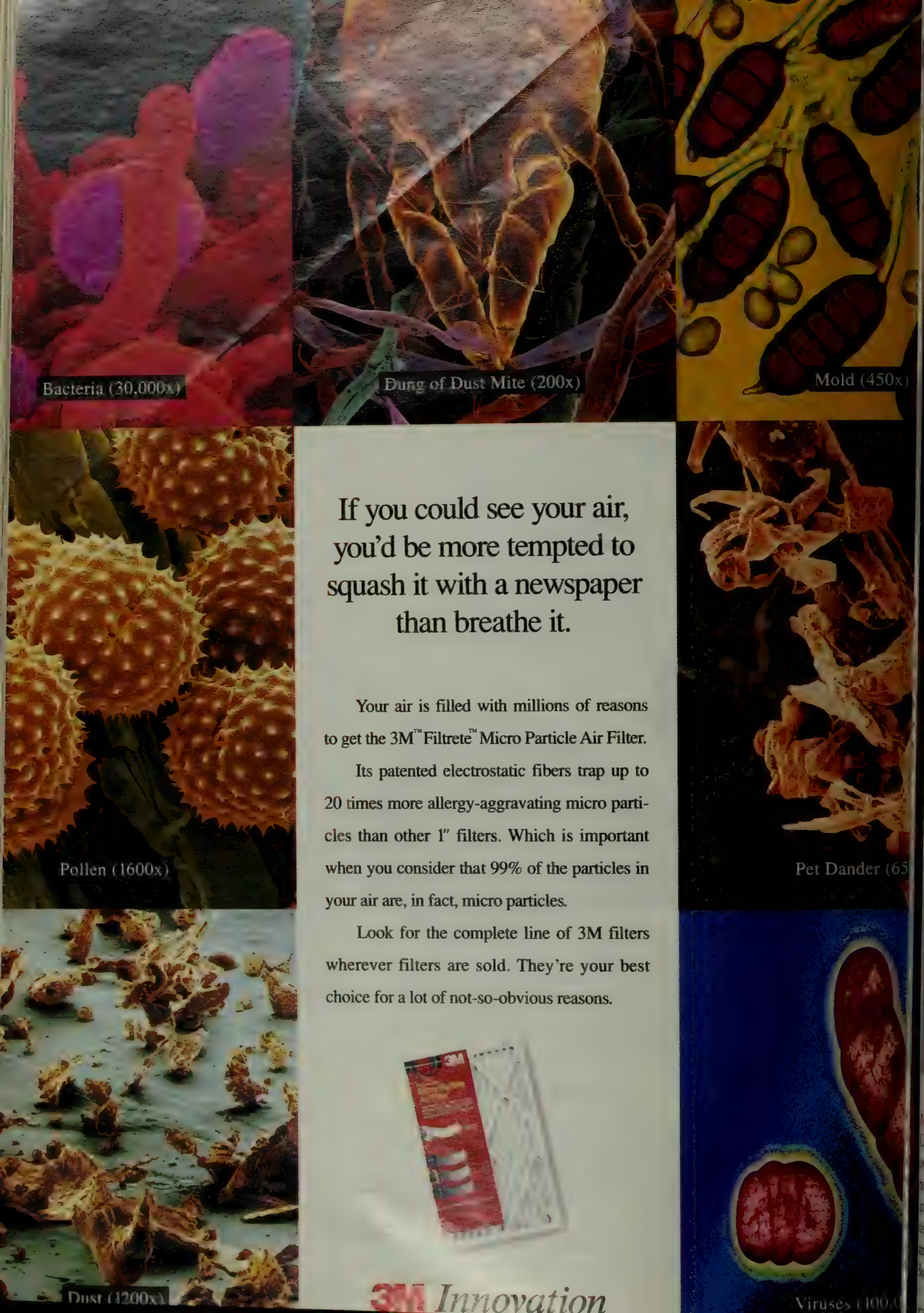
figure 2. AFTER

Comet Bathroom Cleaner
Comet Bathroom Cleaner is best on soap scum and nothing's better on hard water stains.

Comet

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If you could see your air, you'd be more tempted to squash it with a newspaper than breathe it.

Your air is filled with millions of reasons to get the 3M™ Filtrete™ Micro Particle Air Filter.

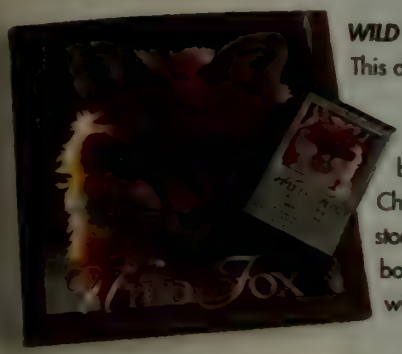
Its patented electrostatic fibers trap up to 20 times more allergy-aggravating micro particles than other 1" filters. Which is important when you consider that 99% of the particles in your air are, in fact, micro particles.

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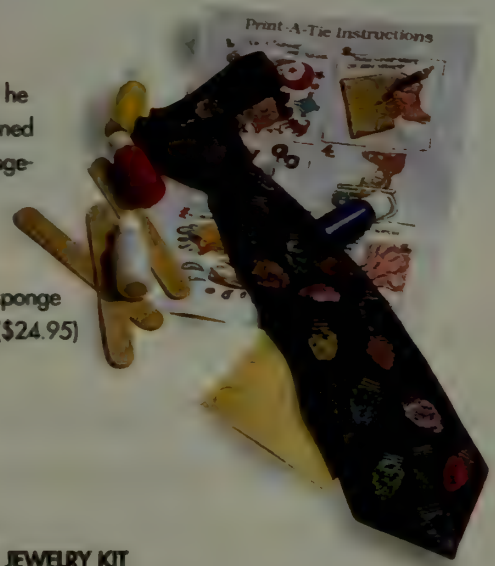
Smart, Sensible Gifts For BH&G Kids

Hey parents! Hey grandparents! Here are three great gift ideas for the young ones in your family. Check out the cool furniture on *page 301* too.



WILD FOX BOOK AND AUDIOTAPE SET
This delightful tale by Cherie Mason is the true story of an injured wild fox and the woman who became his closest friend. The 32-page hardcover book is beautifully illustrated by JoEllen McAllister Stammen. Children of all ages will enjoy listening to the poignant story, read by the author, on a 30-minute audiotape. This book and tape set is offered by special arrangement with Down East Books and River Music. ($29.95)

PRINT A TIE KIT—A Gift to Make a Gift
Dad may say he doesn't need another tie, but he won't be able to resist wearing this one fashioned by his kids with love. Offered by special arrangement with Rupert, Gibbon, and Spider, Inc., this kit contains one black tie, three bottles of metallic textile paints, one bottle of white pearlescent paint, three paint spreaders, one sponge sheet, and complete step-by-step instructions. ($24.95)





JAZZY JEWELRY KIT
This "Ribbon Revolution" kit lets girls creatively use ribbon to make an assortment of stylish earrings, necklaces, barrettes, and pins like the ones shown on our model. Each kit contains an assortment of bright colored ribbons, two necklace cords, four barrettes, three pin backs, two pairs each of hoop and clip earrings, scissors, glue, and an instruction sheet. This product is recommended for girls 8 and older, and all materials in the kit are certified nontoxic by the Art and Craft Materials Institute. ($19.95)

TO ORDER
Call *Better Homes and Gardens* Reader Shopping Service at 800/881-4066 to order with your Mastercard, Visa, or American Express card. To order by mail, refer to the information above to make a list specifying the item(s) you desire and calculate the total amount from the prices shown. Then mail your list along with your name and address and a check or money order for the total amount to: *Better Homes and Gardens* Reader Shopping Service, Dept. 9511, Box 9128, Des Moines, IA 50306-9128.

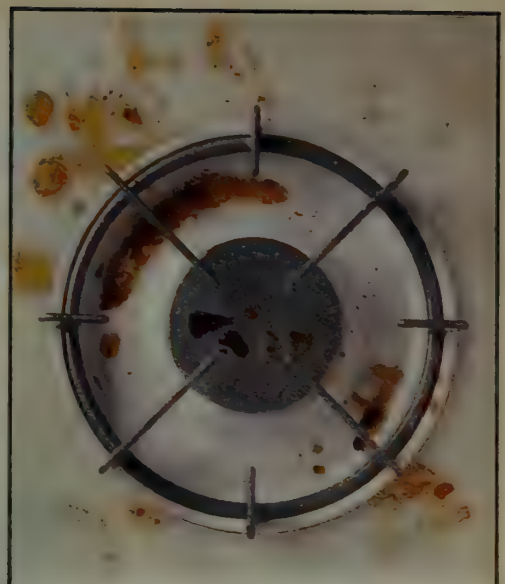


figure 1. BEFORE
Grease splatters onto stovetops and becomes a hard-to-remove problem.

No more leftovers.



figure 2. AFTER

Introducing Improved Comet Liquid Gel.
Comet Liquid Gel combines superior cleaning power to cut through tough, baked-on grease better than other gels and the effectiveness of Chlorinol to bleach away stubborn stains.

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auto update

NOVEMBER

by Jeff Lacina

Ford Ranger truck is the first vehicle to employ an "off" switch for the passenger-side air bag. The system allows the driver to deactivate the air bag when a rear-facing child safety seat is used. A dash-mounted warning light reminds the driver that the air bag is "off" and to reactivate it once the child's seat has been removed.

Chrysler Corporation's emphasis on "family engineering" is apparent in their newly redesigned minivans.



The 1996 minivans offer an optional left-side sliding door. The additional door greatly improves access to the second seat, making it easier for parents to install child safety seats.

General Motors makes it easier to reach the rear seat in extended cab trucks with the addition of a door-like access panel. This right side panel can only be opened with the passenger's door open. The option is available on both Chevrolet and GMC C/K models.

Features *that work for families*

Families play a growing role in Detroit's latest designs. With pickup trucks being a popular second "car" for many families, automakers are taking steps to make trucks more family friendly. Examples are Ford's "air bag shut-off," Chrysler's second sliding minivan door, and GM trucks' third door panel.

The Scoop on Child Safety Seats

Since 1991, the National Highway Traffic Safety Administration has warned parents not to use rear-facing child safety seats in a seat protected by an air bag. That's because rear-facing seats extend so close to the dash that they can be struck by a deploying air bag. The force of the air bag hitting the child's seat is powerful enough to severely injure an infant. Safety experts agree that the safest position for any child seat—either rear- or front-facing—is in the vehicle's middle row or rear seat. Proper seat installation is also a must. Carefully read and follow all instructions when installing any child seat. Parents also need to be aware of any safety seat recalls. When you purchase a seat, fill out the registration card and return it to the manufacturer. This allows them to notify you in the event of a recall. Recall information can be obtained by calling the Auto Safety Hotline at 800/424-9393. This number also provides auto and truck recall information.



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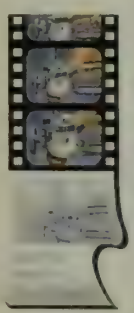
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(By J. Robson)

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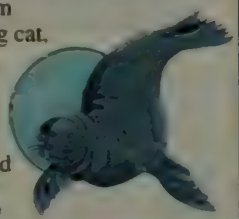
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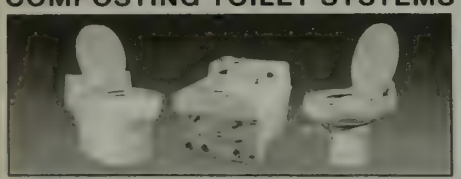
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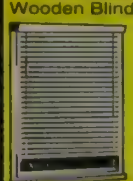


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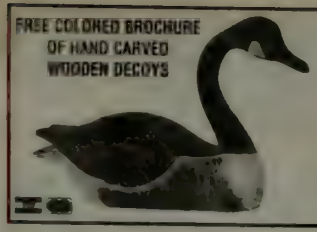
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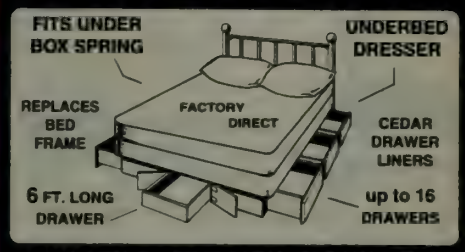
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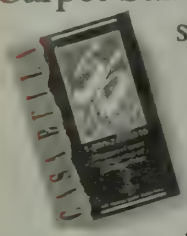
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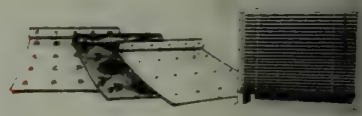
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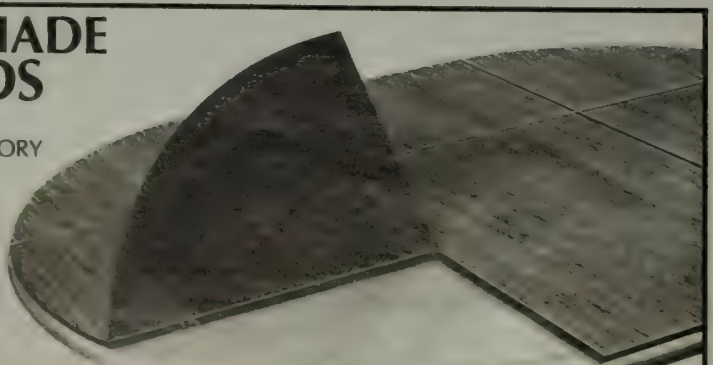
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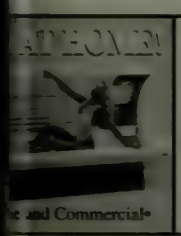
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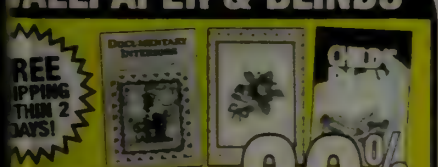
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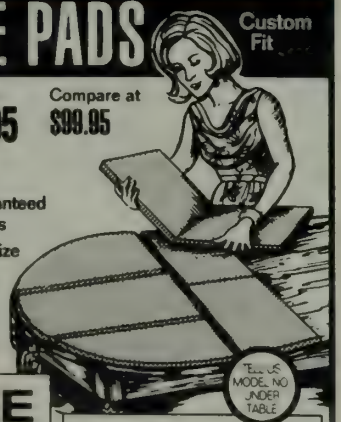
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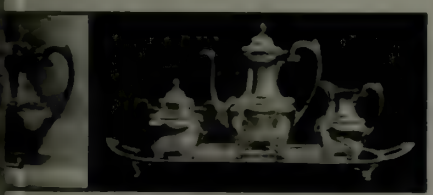


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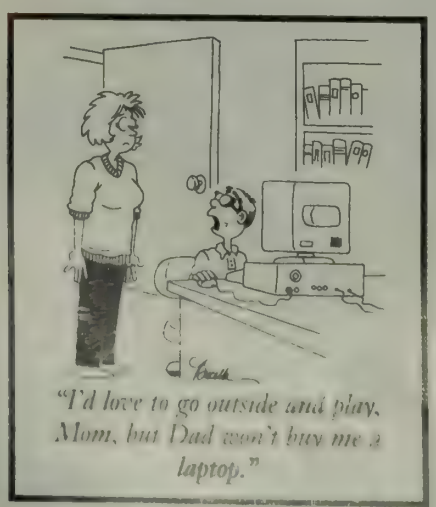
"All my gifts are bought and wrapped . . ."

Uncle Dodd Buckner declares that one of the nicest things about living in a small town is that when you dial a wrong number, whoever answers can usually give you the correct one.

Grandpa Hillis concedes that he's finally been outdistanced by technology. His new telephone can store numbers for far more people than he knows.

High school principal Max Keller challenges his students to take the initiative in opening doors to opportunities. "You'll never get anywhere," he advises, "if you stand around waiting for someone to hand you a remote control."

New citizen Frank DeLeon remembers the Thanksgiving of a couple of years ago when he was a new immigrant and spoke English poorly. This November, however, he's proud to be a U.S. citizen who can speak excellent Spanish.



"I'd love to go outside and play, Mom, but Dad won't buy me a laptop."

Homemaking is indeed an occupation, and Isabel Norman thinks her name should be followed by the initials "H.M." And if anyone disagrees, she'll settle for the title of "Her Majesty."

Dot Dresch seldom worries when husband Dick is on a long road trip, certain that he will manage to avoid most trouble because he won't even stop to ask directions.

Dr. Bob Hannelly told Ed Begley that he is losing hearing in one ear. Ed doubts that will be a real inconvenience. He says he gets only one side of the story from most people he talks with anyway.

"**The difference** between opportunity and temptation," the Rev. George Hall said last Sunday, "is that the first usually knocks, but the second just invites itself in."

Burt Jr. says the biggest problem with having an aunt who is an English teacher is that whenever he writes her a letter, she sends it back with grammatical corrections and a grade on top.

~Rosemary called from school a couple of weeks ago, grumpy and tired. Exams were piling up and the manager at her part-time job wanted her to work more hours. On top of that, her field hockey team was practicing daily for a tournament.

I wanted to reach through the phone line, give Rosemary a hug, and reassure her all would be OK. Instead, I told her what I do when my plate is full.

"Whenever I have too many jobs to tackle, I line them up in some kind of order and knock them off one at a time. Before I know it, the last one is behind me," I said.

A few days ago she called to say exams were over, not with perfect scores, but good enough. Her manager is letting her work extra hours on weekends, and her team made it to the finals.

Rosemary thanked me for the advice, but I told she deserved the credit. She learned another life lesson: Problems, like the bill in front of you, keep getting smaller the more you advance on them.

Burton Hillis

5 December

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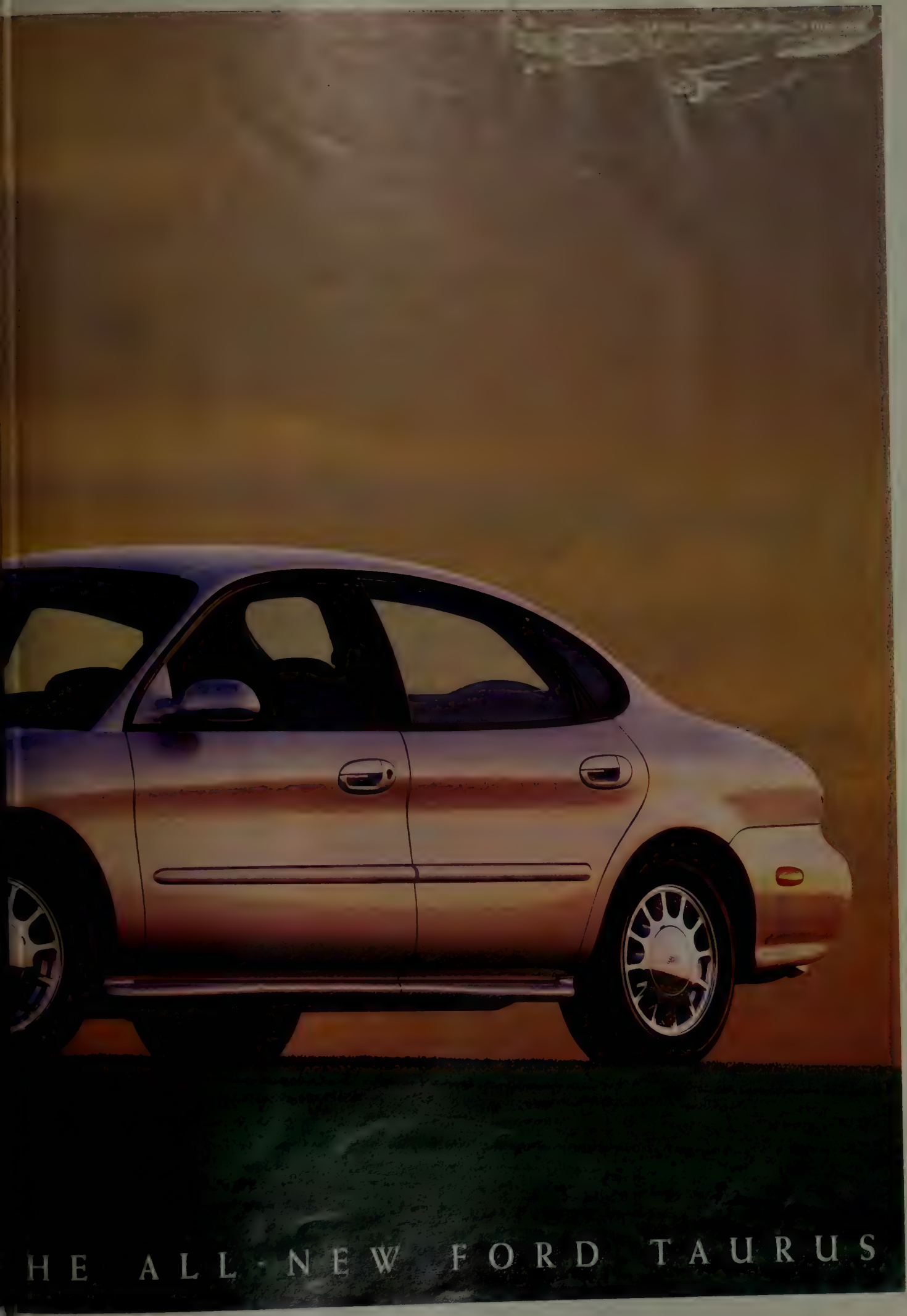


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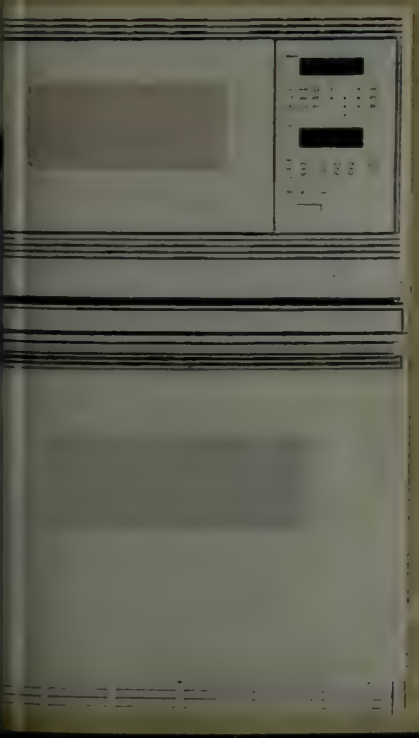
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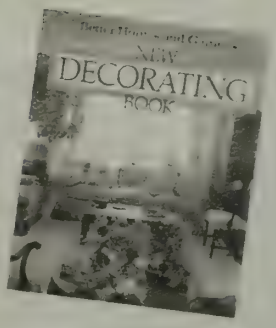
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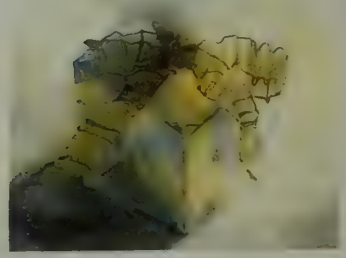
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between friends


ANDY LYONS

It's that time again—time for snow fun, gift giving, parties, and reflecting on what the holidays mean to us. And in my reflections, a *Better Homes and Gardens®* friend always comes to mind.

Liz was truly one of God's unique creatures. She was exotic in her dress and outspoken to a fault. She also was a brilliant writer and a sensitive, caring person, and she taught me as much about Christmas as anyone I've known. But she taught me in some rather unusual ways.

Liz was the editor who created all our holiday features. A great job, unless, like Liz, you were allergic to evergreens. Year after year, she'd sneeze and sniff to give readers the decorating and tree trimming ideas they wanted. Without ever knowing it, those readers received a gift from Liz that wasn't easy for her to give. Lesson one.

Because of her allergies, Liz had a beautifully decorated artificial tree in her apartment—one she never *un*decorated. From my perspective of "real" and "natural" and the "rituals of decorating," Liz's tree, swathed in plastic and stored between holiday seasons, seemed not quite right. That is, until Liz laughingly said, "But, Jean, this way I'm ready for the holidays anytime." Lesson two.

Strange lessons from a dear, strange lady. But isn't that the way it should be? Giving out of love even if it means a sacrifice? And being ready, in our hearts, for Christmas or Hanukkah every day of the year? The world might be a much nicer place.

Jean LemMon

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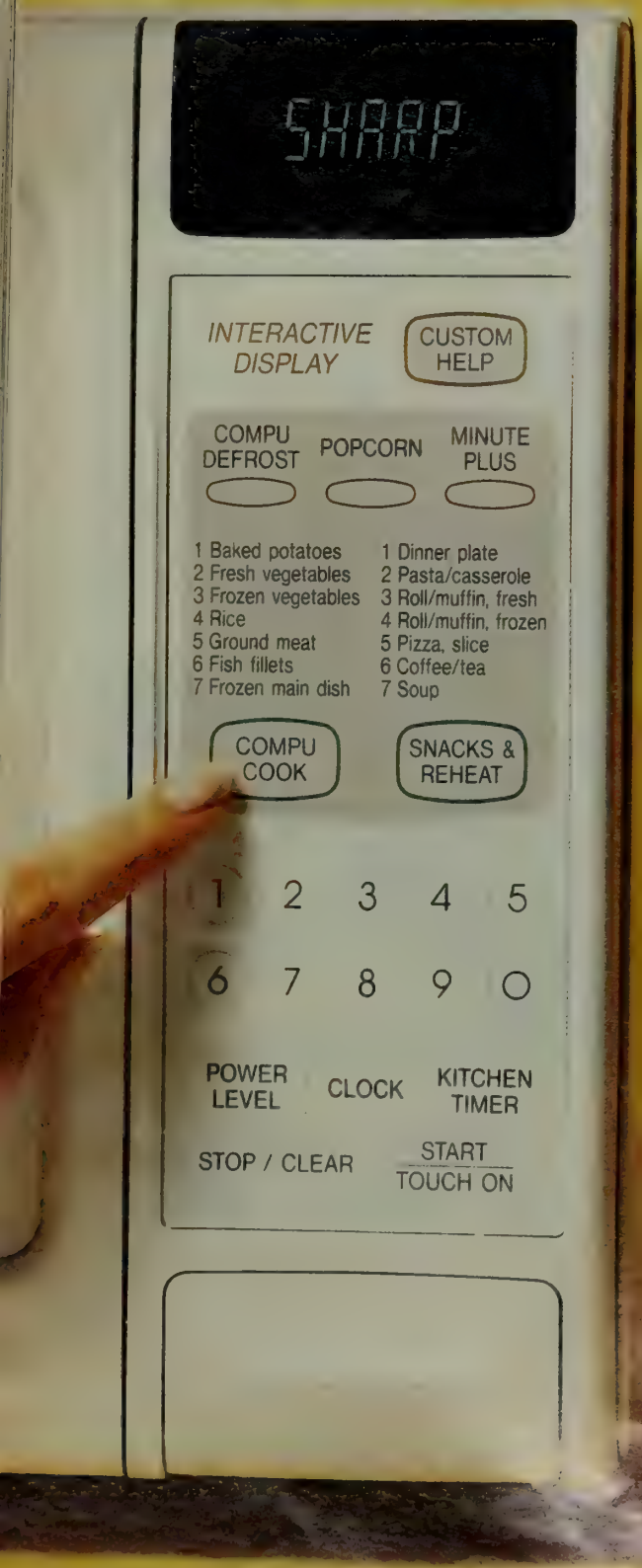
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Holiday HOUSE TOUR



Decorating a miniature house for the holidays is no small feat. Just ask LuRae and Boyd Greenwood, whose tiny tour de force features such magical touches as working Christmas lights and eensy handmade wreaths and bows. Come on in for a *little* visit.... *continued on page 20*

by

Rebecca Jerdee



Holiday House Tour



Around the first of December, LuRae and Boyd begin lacing their home in Orem, Utah, with twinkling lights and sweet-smelling greens. As soon as they're finished, they begin the process again, turning their attention to the miniature house that they built over a seven-year period. Made entirely from

CONTINUED ON page 22



The only gift you'll be happy to break.

Easy Marble Bark

6 squares BAKER'S Semi-Sweet Chocolate
1 package (6 squares) BAKER'S Premium White Chocolate
1 cup toasted chopped nuts or BAKER'S ANGEL FLAKE Coconut°

1. MICROWAVE semi-sweet and white chocolates in separate bowls on HIGH 2 minutes or until almost melted, stirring halfway through heating time. *Stir until completely melted.*
2. STIR 1/2 cup of the nuts or coconut into each bowl. Alternately spoon melted chocolates onto wax paper-lined cookie sheet or tray. Swirl chocolates together with knife to marblelize.
3. REFRIGERATE 1 hour or until firm. Break into pieces. Makes about 1 pound.

Chocolate Bark: Prepare Marble Bark as directed, omitting white chocolate. Use 12 squares BAKER'S Semi-Sweet Chocolate OR 3 packages (4 ounces each) BAKER'S GERMAN'S Sweet Chocolate.

° Toast in baking pan in 350°F oven 7 to 12 minutes, stirring frequently.









Holiday
HOUSE TOUR

LuRae's memories, the miniature house was built as a testament to her grandmother's home as she knew it in childhood. Though it started as a kit, the mini version has been customized over the years with personal, handmade touches that reflect LuRae's expert skills as a seamstress and needleworker. Her tiny, decorative [illegible] in every room: With brightly wrapped presents and toys lapping at the [illegible], a Christmas tree laden with ornaments commands the Victorian parlor. Santa in his sleigh is joined by feather trees, a nutcracker, and a swipe of silver [illegible] tidings to the dining room. *continued on page 24*



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'Twas the night after Christmas and Santa's eyes were a-glimmer,
for Mrs. Claus got him a Maverick™ Beard Trimmer.





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A sporty Speedrazor® of colorful veneer.





Finally an Access[illegible] [illegible]hen raved,
[illegible] Norelco to all and to all a close shave.



This Christmas, Norelco [illegible] holidays.

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Holiday
HOUSE TOUR

More than a creative project and nostalgic memento for LuRae, this small wonder has become a family treasure, taking center stage in the living room when the Greenwoods' 23 grandchildren and five great-grandchildren visit. "It's our Christmas tree," says LuRae. "We don't need another one. The children love to help decorate it." In the best Victorian fashion, miniature feather trees march up a staircase that's wrapped in tiny wreaths and pearls. The drop-leaf table, kitchen cupboard, round oak table, and an old telephone recall grandmother's kitchen, just as the Victorian furniture in the parlor re-creates the feeling of her more formal rooms. *continued on page 27*



A tempting offer for you and your holiday guests.

A new holiday tradition for your guests begins right here. We're offering you a special coupon good on any of our Maxwell House® Sweetened Flavored Ground Coffees.

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Holiday HOUSE TOUR



Upstairs, even the bedrooms hint at Christmases past, with gingerbread houses on nightstands and wrapped packages plopped on the floor. Of the hours she and Boyd have spent on the miniature project, LuRae says, "You can't put a price tag on it. The joy comes from the hours and hours of work. Inside the house is pretty full now, so there's not much more in the way of furnishings that we can add, but at Christmas we can still add to the outside decorating." Back on the front porch, those exterior touches—lights twinkling from the eaves, sleds awaiting flights of fancy, handmade wreaths, and teeny green garlands tied with even teenier red bows—send the couple's warm holiday greeting not only to today's Greenwood clan, but to future generations, as well. ⌂

To order a Dollhouse Kit, see page 86.
For information on miniatures, contact the
Miniature Industry Association of America,
[illegible]452-4541.



Careful. Your holiday guests may be tempted to stay longer than you planned.



GOOD TO THE LAST DROP®

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Life's adventure begins for the Lion King.

Introducing a new limited-edition plate celebrating Disney's animated classic—available exclusively from the Bradford Exchange.

A Majestic First Edition.

From the far reaches of Africa, great beasts have traveled to see Simba, young heir to the lion king. How small and innocent he appears now. But after a journey that will take him far from home, he will return to this place confident and powerful as The Lion King.

Millions have followed Simba's journey in the hit Disney film, *The Lion King*. Now this magical moment has been captured by Disney artists and beautifully recreated for you to enjoy forever on a fine porcelain collector's plate from the Bradford Exchange.

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"The Circle of Life" plate, the first issue in The Lion King collection, features all your favorite characters from the movie. Mufasa, the Lion King, and Sarabi proudly look on as Rafiki holds their son high in the air. All the animals approach Pride Rock reverently, knowing that the little lion cub, Simba, will one day rule the land.

"The Circle of Life" plate is 7½ inches in diameter, edged in 22-karat gold, and best of all, this stunning treasure is a spectacular art value



"The Circle of Life"



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READERS' SOLUTIONS

CHANGING LIGHT BULBS

My husband likes colored lights on the Christmas tree, but I prefer white lights. To solve our conflict, we decided to wire the tree with both sets of lights. Now we simply plug in whichever color set we happen to want to view at the time. It gives the same tree two totally different looks.

Mary Baisch
Surfside Beach, [illegible]

COUNTDOWN WITH HOLIDAY BOOKS

I shop all year looking for different types of Christmas storybooks. Later I wrap each in Christmas wrap and place them in a basket by the fireplace. Starting Dec. 1, we let the children unwrap one book each evening and read it to the family. It's wonderful family time, and reliving the old Christmas classics puts the magic back into the holiday.

Michelle Allee
Belle Mead, N.J.

CARD FOR LOST CHILDREN

Before going to Disney World, I was concerned about what my young daughters might do if we became separated. I made a card to be tucked in their pockets. Typed on the [illegible]nes, parents' names, phone number of the hotel where we were staying, and for good measure, our home phone number and their grandparents' phone number.

Linda Hyler
Lawrence, Kan.

SUMMER CARE SOLUTION

My sons are too old for a sitter but too young to get a job or be home alone all summer. As a working mom, I needed a solution. They agreed to volunteer approximately 15 hours a week at a job they thought they'd like. The twist was I paid them $2 per hour. This way I knew they were supervised part of the time, the employer got a good free helper, and my boys learned responsibility and earned a few dollars.

Leslie Brown
Plano, Ill.

DAY-CARE JOURNAL

I'm a college student who cared for three children last summer while their parents worked. Though we did fun activities every day, the children and I inevitably drew a blank when the parents asked us what we'd done all day. To let the parents know how we spent our time, the kids and I kept a daily journal. Each afternoon we recounted the day's events. I recorded what the children said, and included notes of my own to the parents. The children also illustrated the journal, which surely will be a priceless keepsake.

Jennifer Bartron
Glastonbury, Conn.

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, Better Homes and Gardens, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens®*. We will pay $50 for each idea published, if you provide your Social Security number.

Of all the things you have to think about in a day, here's 30 you don't have to.



When you've got meetings to attend and errands to run, the last thing you need is car trouble. That's why it makes sense to ask for AC-Delco parts. Year after year, AC-Delco has been voted by consumers to be the best brand overall. We offer you quality replacement parts in over 30 product lines. We know you're busy; that's why we make parts that never require a second thought.

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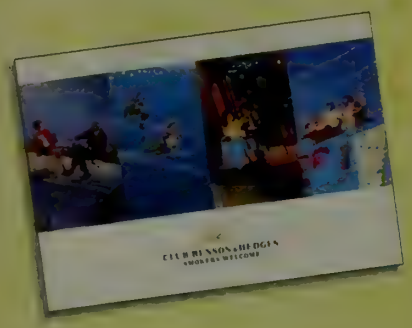
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Family Gatherings

How to Make Them Happy for All



Hosting a flock of children for the holidays may not be your idea of festive, especially if it's been a while since you've had kids in the house. Here are a few ideas to keep everyone happy.

IF YOU'RE THE HOST:

1. Put breakable treasures away before guests arrive.

2. Set limits with a positive spin. Tell kids where they can play instead of where they can't.

3. Keep a box of stuff just for frequently visiting children (see *below, right*).

4. If this is a once-a-year occasion, borrow some playthings from a neighbor or the nursery of your church or synagogue. Many libraries also have toys available to check out. If these aren't options, create your own fun. A shopping bag stuffed with dress-up clothes can keep cousins happily engaged while you're enjoying a cup of coffee with the adults.

5. Include children in preparations or chores that are different from what they normally do at home. Gathering twigs for kindling can be thrilling to a three-year-old apartment dweller. Older kids can shell nuts, peel carrots, and serve the appetizers.

6. Ask the kids to prepare after-dinner entertainment. A basket of puppets may provide all the inspiration they need. Some preteens love to plan a "talent" show that includes adults and children.

IF YOU AND YOUR KIDS ARE THE GUESTS:

1. Break up the day with active as well as quiet times. A game of catch or a brisk walk to the corner store for a forgotten item can provide a well-timed change of pace.

2. Carry some of your child's comfort food. A cup of yogurt or a box of raisins may be more satisfying to your toddler than turkey with all the trimmings.

3. Bring along comfort toys, too. A stuffed animal, a quilt, or a favorite quiet toy can help kids settle down. For older children, pack a classic game for cousins to play together.

4. Bring a few popular videotapes along. Save them for the inevitable [illegible] ume-out is needed.

5. Use this time to gather family history [illegible] recorder or camcorder [illegible] enjoy interviewing relatives about past holidays and childhood anecdotes. The tapes will become treasures for the family archives.

6. Avoid making killer statements like, "See how nicely your cousin Anna is eating." Comparing your child to his or her cousins or putting unusual demands on behavior will simply add stress to the day. Kids will be kids: toddlers are not likely to share, and preschoolers are not going to sit still for hours at a time.

GRANDPARENTS' TOY SHELF

When kids come to call, it's nice to have a few things you've saved just for them. Here are some good, inexpensive ideas.

Preschoolers

- Bucket of Duplo blocks with animals. Age 1½ and up.
- Age-appropriate crayons and blank paper. 2 and up.
- Wooden train and track set. 3–6.
- Dress-up box with old clothes and accessories. 3–7.
- A cast of hand puppets. 4 and up.

School-Age Kids

- Bucket of Legos for building.
- Colored pencils, markers, and paper for drawing.
- Pick-up sticks or jacks.
- Games like Boggle or Yahtze, which can be played together or solo.
- Puppets or dress-up costume clothes for putting on a show.
- A dollhouse that you can furnish together over time.



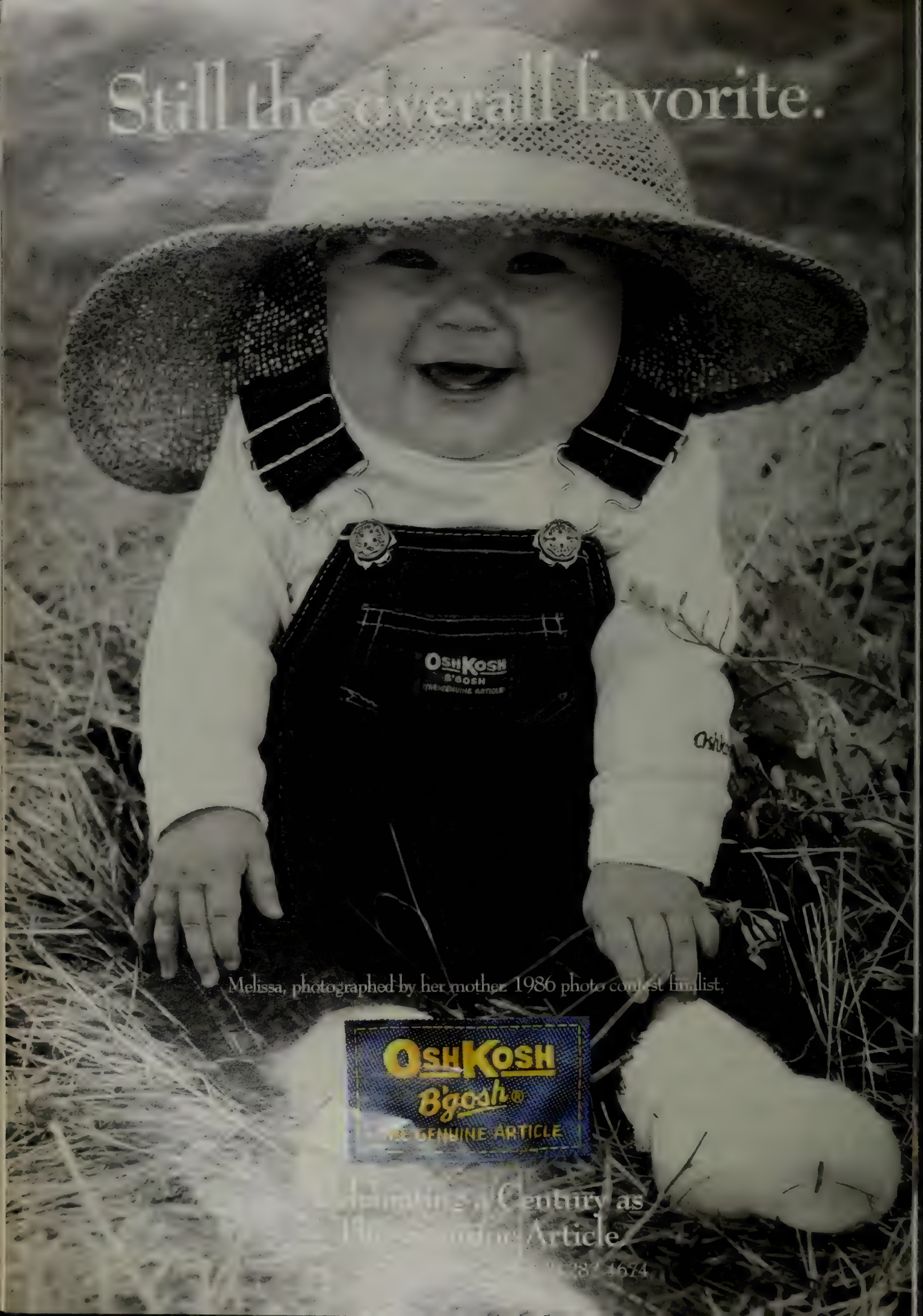
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Software Stuffers

Buying computer software for a gift can be intimidating, especially if you don't have a computer yourself. But the right program can be more personal than that pair of socks you were considering.

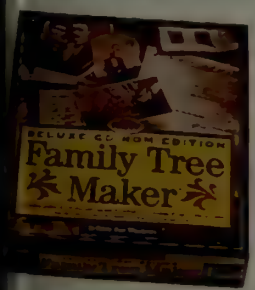
You can select a program to help a budding scientist learn more about biology or a young musician write and listen to his own compositions. Your family can find a program to discover its heritage or plan its next vacation. The following programs are our picks for this season of giving.

FAMILY TIMES



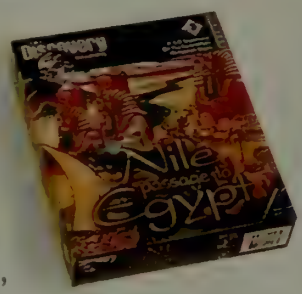
Capture your happy times in a multimedia family album created with *Echo Lake*. This program offers a variety of tools and resources to help you piece your own words, photographs, video clips, and sound recordings into a knockout presentation. The project is simplified with instructions and phone numbers for resources for photo scanning and other tasks. (Delrina, 800/324-6525. Windows. Diskette $49.95; CD-ROM $59.95.)

Family Tree Maker coaches you through the basics of a genealogical search and then helps you organize facts and anecdotes about your ancestors. The Family Finder feature allows you to search quickly through millions of names referencing census, marriage, death, and social security records. (Broderbund Software, 800/474-8696. Windows CD-ROM. $60.)

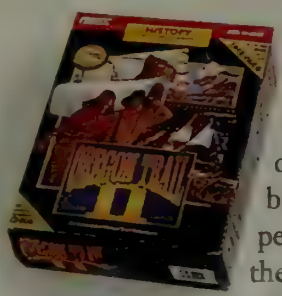


FIELD TRIPS

In *Nile: Passage to Egypt* you'll set sail in a felucca (a boat used 5,000 years ago) on this vast African river. Clicking on your surroundings produces mini video documentaries on the geography, wildlife, history, or culture of the region. You can also record a journal as you go along and illustrate your entries with snapshots from the trip. (Discovery Channel Multimedia, 800/762-2189. Windows and Macintosh CD-ROM. $49.95.)



Hitch up the wagon and go west in *Oregon Trail II*. A guidebook provides practical information to help you buy and load supplies and plan a route. Choose your wagon party carefully—you're responsible for their well-being throughout the journey. Dangerous weather conditions, diseases, and buffalo stampedes are some of the hardships that can ruin the trip. (MECC, 800/685-6322, ext. 529. Macintosh/Windows CD-ROM.)

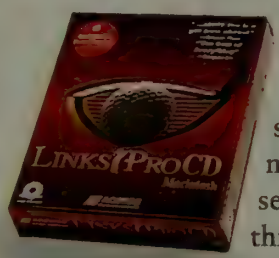


GAMES

Beam up to the Starship Enterprise in the adventure game *Star Trek: The Next Generation "A Final Unity."* 3-D animations of Captain Picard, Lieutenant Commander Data, and other characters from the TV program are at your command. Help crew members make decisions, maneuver the Enterprise, and confront both hostile and friendly life-forms. (Spectrum Holobyte, 800/695-4263. PC and Macintosh CD-ROM. $55.00.)



Fore! Links Pro CD lets players tee off on two gorgeous championship courses—Harbour Town in South Carolina and Banff Springs Resort in Alberta, Canada. True-to-life action, such as lining up a shot, taking practice swings, and making club selections, sets this disc apart. (Access Software 800/800-4880. Macintosh and MS-DOS CD-ROM. $49.95.)



Avid anglers will relish a freshwater fishing expedition to Canada's Bay of Quinte in *Gone Fishin'*. This simulation lets you select a fishing spot, choose your bait and tackle, and then cast away. If your own action is a little slow, read some of the whopping tales spun by old-timers in the lodge. (Amtex



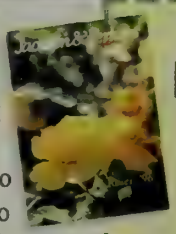
PHOTOGRAPHS: ANDY LYONS

continued on page 40

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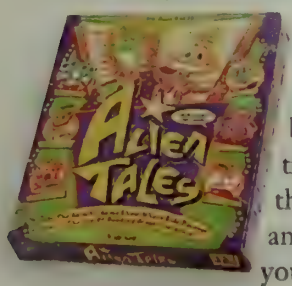
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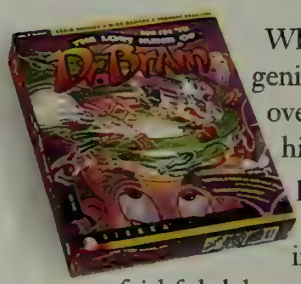
Software Stuffers

continued from page 39

Software, 415/382-4530. Macintosh and PC CD-ROM. $49.95.)

The animated *Alien Tales* is a quiz show set in outer space. Contestants uncover clues about famous authors and great books. As a player, you'll read short passages from classics such as *The Wizard of Oz* and *Alice in Wonderland* (as well as some more modern tales), unscramble biographical tidbits about the writers, and then use your information to solve word puzzles and reveal a hidden picture. (Broderbund, 800/521-6263. Macintosh and Windows CD-ROM. $45.)

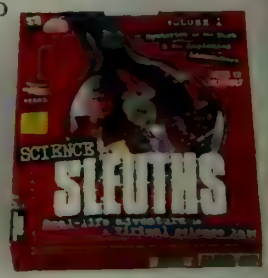




When scientific genius Dr. Brain overdoes it on his latest experiment, he transfers his intellect to his faithful lab rat, Rathbone. Solve logic puzzles and help restore *The Lost Mind of Dr. Brain.* (Sierra On-Line, 800/757-7707. Macintosh and Windows CD-ROM. $45.00.)

Aspiring DJs can match wits in *Radio Active*, a fast-paced name-that-tune music trivia game. Players listen to questions read by a smooth-talking host and then try to identify pop songs from the '60s, '70s, and [illegible] (Sanctuary Woods, 800/943-[illegible]. Macintosh and Windows CD-ROM. $24.95.)

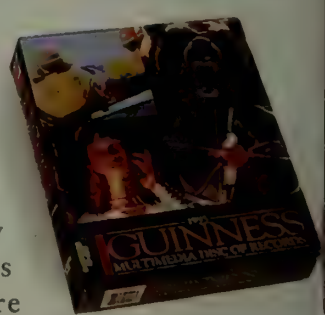
Why are [illegible] lawn mowers in the [illegible]? Just what is [illegible] that has washed up on the beach? These are the two cases detectives try to crack in *Science Sleuths Volume 1.* In the science lab, novice gumshoes can solve crimes with a number of tools including video clips, maps, a gas chromatograph, microscope, and Geiger counter. (Videodiscovery, 800/548-3472. Macintosh and Windows CD-ROM. $34.95.)



LOOK IT UP

Plan a getaway vacation with *Rand McNally's TripMaker.* Plot a personalized itinerary that includes sights and attractions for everyone. You can estimate how much your hotels and meals will cost, and print out a map to take with you. Reference information and phone numbers can also help you iron out details such as renting a car or crossing the Mexican or Canadian borders. (Rand McNally New Media, 800/671-5006. Windows diskette or CD-ROM. Approximately $40. Look for the multimedia edition, Rand McNally's TripMaker 1996 with enhanced video and 200 detailed downtown maps.)

Would you like to know about the oldest, biggest, fastest...or the just plain bizarre? *The 1995 Guinness Multimedia Disc of Records* is the place to find it. The popular reference book has gone electronic. Stats are accompanied by video clips and more than 1,000 pictures. (Grolier Electronic Publishing, 800/285-4534. Macintosh and Windows CD-ROM. $49.95.)



continued on page 42



A New Baked-In Apple Cinnamon Taste

Now Apple Cinnamon Cheerios taste even better than before.

We perfected our recipe. Discovered brown sugar. Added it to the apples and cinnamon. Baked it all together. The result? A more baked-in apple cinnamon taste. A taste so delicious, you won't be able to resist.

Software Stuffers

continued from page 40

Machines, technology, and the scientific principles behind them are the meat of *The Way Things Work*, a CD-ROM based on David Macaulay's best-selling book of the same name. Woolly Mammoth demonstrates such concepts as levers in 20 "Mammoth Movies." More than 300 animations and 1,000 playful illustrations make this a lively interactive outing. (DK Multimedia, 800/356-6575. Macintosh and Windows CD-ROM. $79.95.)

VideoHound Multimedia can help your family select movies to rent. This library has more than 60,000 titles to search by actor, director, year of release, or song title. Unusual categories such as Rags to Riches or Killer Appliances help you narrow down the choices. (Visible Ink Interactive, 800/776-6265. $39.95.)



ARTS AND CRAFTS

Flying Colors is one of the most versatile art programs on the market. The combination of drawing and paint tools, unusual background patterns, kaleidoscope features, and sound effects ensures creativity. (Davidson, 800/545-7677. Macintosh/Windows CD-ROM. $35.)

Felix the Cat of cartoon fame lets computer users in on his bag of tricks in *Big Top's Cartoon Toolbox*. Ambitious animators can let loose in this wonderland of graphics. Enhance the [illegible] with music and cartoon [illegible] as BOING! or [illegible] Productions, 800/900-7529. Macintosh and Windows CD-ROM. $54.95.)

Your family will have its own personal card store with *Hallmark Connections Card Studio*. More than 1,000 cards feature original Hallmark art and greetings. An Event Minder and address book feature will remind you of special dates. A starter package of paper and envelopes is included. (Micrografx, 800/676-3110. Windows CD-ROM. $49.99.)

Also in the stationery department, *The Print Shop Deluxe Ensemble II* contains eleven different projects including letterhead, business cards, calendars, and an address manager. Broderbund, 800/521-6263. Windows CD-ROM. $80.)

For an extra charge, try *Cybercrafts: Hands-on Learning Fun with Electronics*. Kids are introduced to the principles of electricity and then can apply them to 25 projects. Young scientists can build, for example, a burglar alarm both on and off screen. (Philips Media Home and Family Entertainment, 800/340-7888. Macintosh and PC CD-ROM. $44.99.)

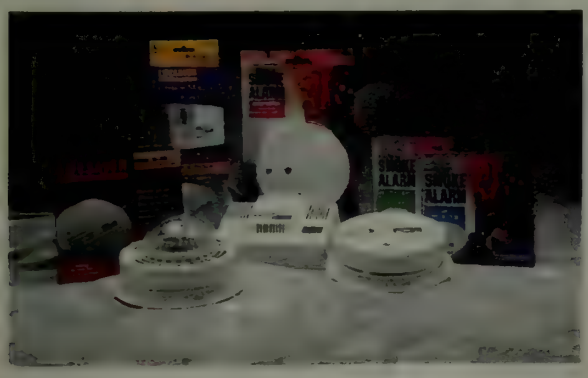
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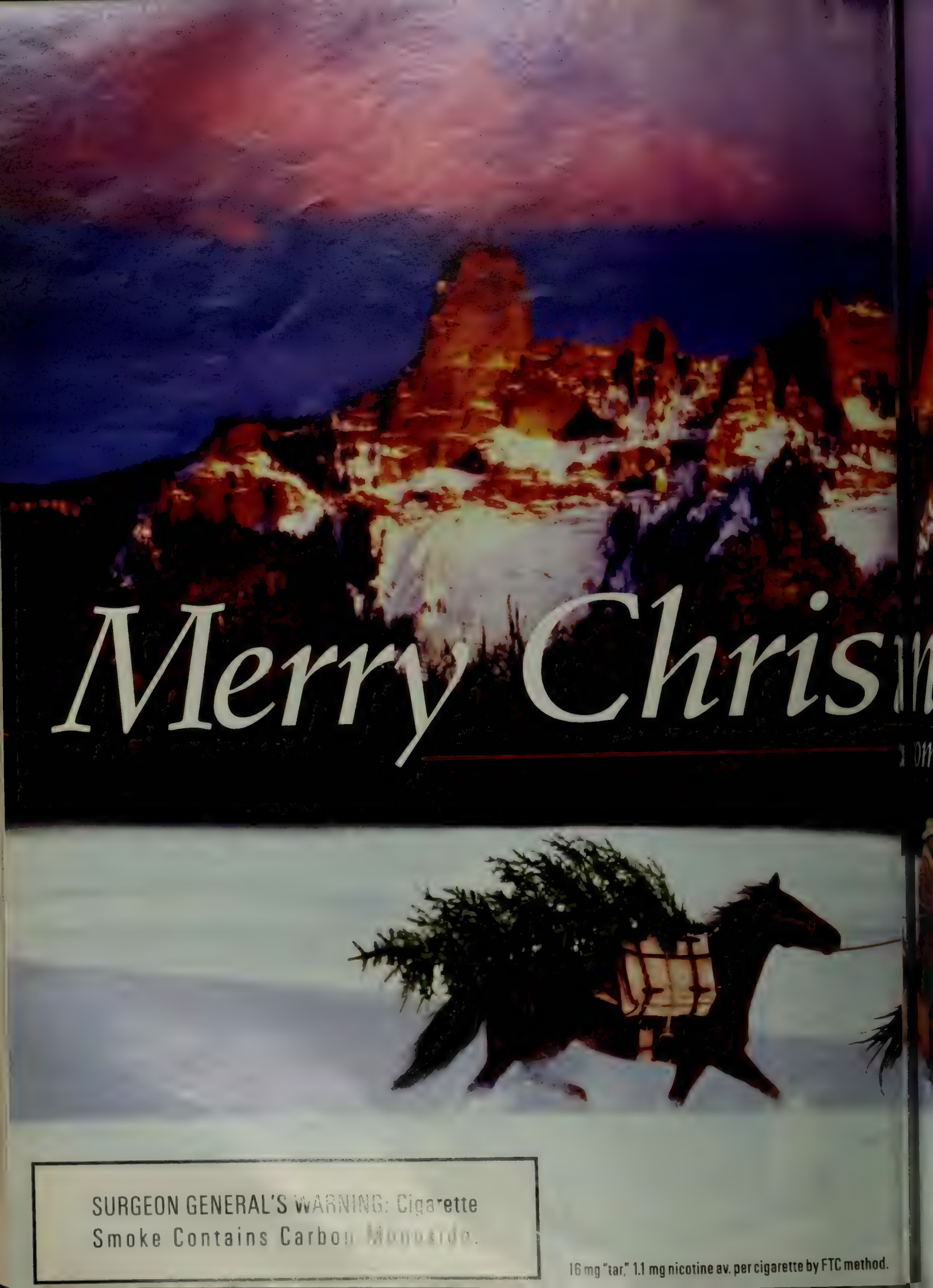


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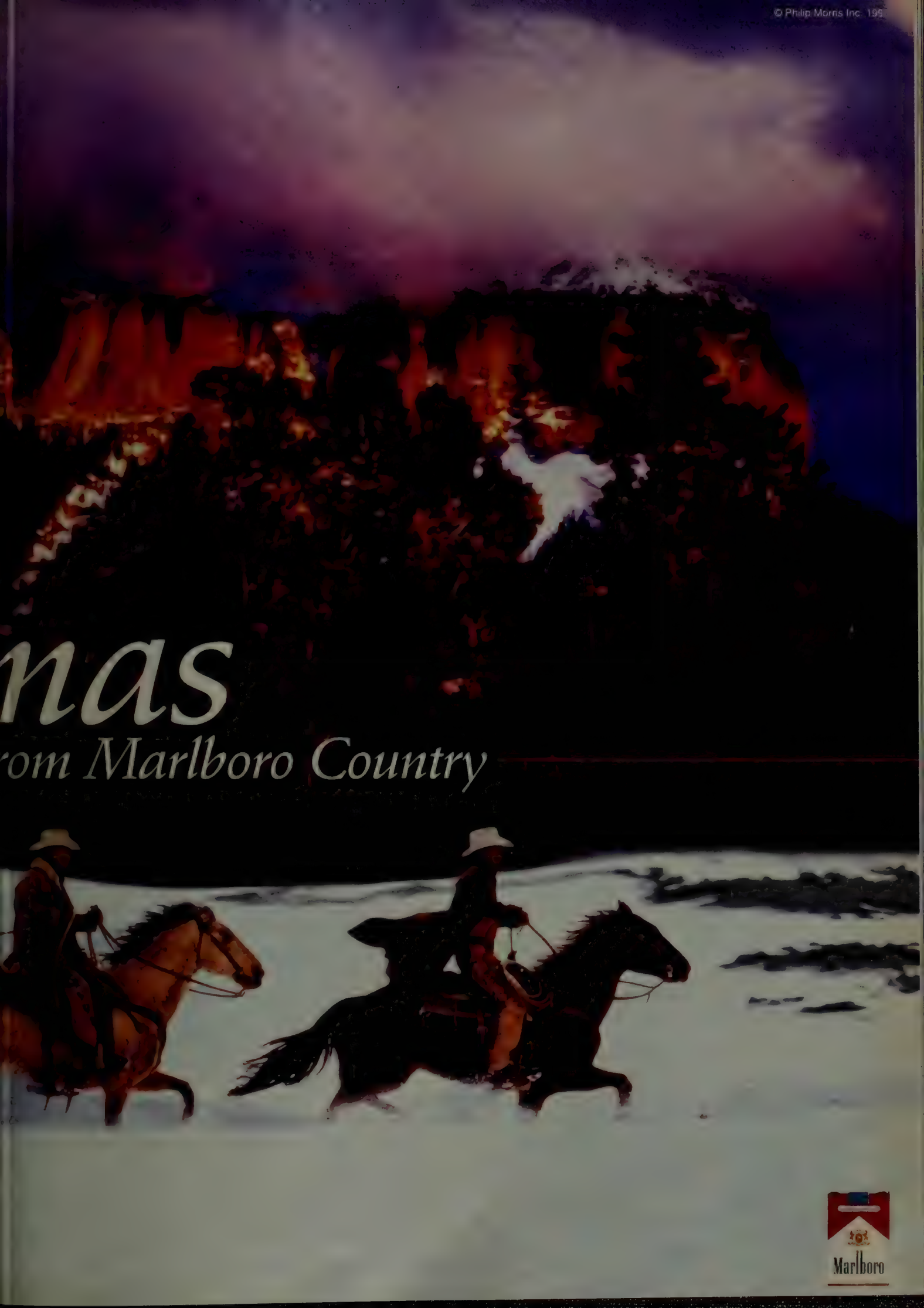
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16 mg "tar," 1.1 mg nicotine av. per cigarette by FTC method.

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Lighten Up Your Holidays

by Carla Waldemar



HOLIDAY PARTIES NEED NOT BE DIETARY DOWNFALLS. SAVOR THE FUN BUT SUFFER NO GUILT WITH THESE SIMPLE STRATAGEMS.

Chestnuts roasting on an open fire—laden with fat, calories, and guilt. Sugarplums, no longer mere visions, but wedded to your hips. Remember last year? For those of us who vowed to maintain healthful eating habits throughout the coming holidays, this message is for you.

It doesn't read like a citation from the Health Police Who Stole Christmas, either. Wise and simple substitutions in the pantry or at the party can capture the gourmandizing of the season without the guilt. For tidings of great joy, read on. These stratagems can keep you looking better and feeling good about yourself while maintaining the energy you sorely need right now.

SLIM TO WIN TREASURED RECIPES

1. Start the holiday meal with a zesty clear soup instead of lobster bisque or cream of mushroom cream with all the good things to come. An herb-laced tomato broth or consommé with wild mushrooms will tantalize taste buds and set the stage for what's ahead.
2. A lightweight vinaigrette of olive oil and citrus juice or flavored vinegar cleans the palate and frees your pretty party lettuces to shine through; try a blend of 2 parts oil to 1 part liquid; or pare that ratio down to 1 to 1.
3. Veggies benefit from this liberation, too. Skip the cheese, cream, and butter and simply sprinkle your vegetables with a shake of lemon pepper or a snip of herbs.
4. Instead of creamy dips for crudités and crackers, try bowls of tangy salsa as icebreakers—one red, one green.
5. Speaking of veggies, leave a healthful snack for Santa and his fleet. Crunchy carrot and celery sticks instead of cookies will let the jolly old elf glide up the chimney as svelte as he slid down. And it sets a good example for the kids. (Remind them that Rudolph is a vegetarian.)
6. Crusty breads and grain-rich rolls provide satisfying texture with far less fat than is lurking in a Danish or croissant. Enjoy them the European way, sans butter.
7. Smart cookies can shave fat from cookie recipes by substituting diced dried fruits for nuts or chocolate chips.
8. In making fudge, you can substitute evaporated skim milk for evaporated whole milk without fudging. Ask Santa for a few more cans and use them to lighten soups, sauces, and other recipes weighted with cream.
9. Halve the crust to reduce the fat in your holiday pies. Most of the sinning lies in the piecrust, so divide and conquer: Revamp fruit pies to a deep-dish version's single

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IT MAY NOT BE THE FOUNTAIN OF YOUTH, BUT IT SURE IS GREAT TO DRINK FROM.

Okay, so you'll never be 17 again. But you can help your body be its best. With new Boost® Nutritional Energy Drink. It may look like a milkshake, but your body will think it's rocket fuel. Because it's got 25 important vitamins and minerals, including the complete antioxidant group. And 100% of the RDA of Vitamins C and E in every can. It sure comes in handy if you don't have time to eat right. And it comes in chocolate, vanilla, strawberry and chocolate mocha. Boost comes in a four pack too. Wow. How convenient.

Your body will thank you.™



Lighten Up

continued from page 46

crust; you can also reduce the fruit's sugar without skimping on appeal. Low-in-fat meringue shells make a glamorous stand-in for pastry. Pile them high with fruit, low-fat frozen yogurt, or any non-baked filling.

10. Pumpkin, low in fat and high in nutrients, can do a Cinderella number in your holiday pie. Revamp the familiar recipe using an egg substitute and evaporated skim milk for the fats of yore (see recipe, *right*).

11. Never mind the frankincense and myrrh, just give us low-fat dairy products. Turn to low-fat cream cheese and sour cream to lighten that all-time favorite, cheesecake. Try those life-savers in mashed potatoes, soups, and party dips, too.

12. And while you're remodeling your recipes, go for an egg substitute in quiches, cream pies, muffins, and French toast. Egg substitutes also rescue eggnog from the holiday hit list; they not only zap the fat but remove the health risk of using uncooked eggs.

13. Don't bake a fruitcake this year. You'll probably receive last year's, repackaged, from a friend. Just give it to the mailman—he'll find room in his collection.

14. Sorry, it's a myth that calories don't count when you've got your apron on. Hold off on sampling recipes as you prepare them, and do not feel it a mother's moral duty to eat the leftovers on the family's plates. The win/win solution: package and freeze uneaten portions of special treats to remove them from temptation and reserve them for another meal.

15. "Freeze" is the mantra for holiday cookies, too. When you bake ahead, store them in the freezer where they won't tempt nibblers.

16. The fewer cookies there are, the better your New Year's Eve outfit will look. So simplify the holiday baking frenzy. Let the family vote on half a dozen favorite cookies and set "quality time" aside to create them together, rather than pouring the midnight oil into 25 variations on the theme.

PARTYING SMART

- Scarlett O'Hara's mammy had the right idea. Eat a little something before you hit the party scene so you won't be tempted to indulge in everything in sight when you arrive. Good pre-party snacks include a pita stuffed with veggie salad, a bowl of chunky soup, or low-fat cheese.
- Once at the open house, hang out with the Beautiful People. The slim and canny cadre station themselves far from the buffet table, where out of sight is out of mind. They nosh on dietarily correct nibbles such as veggies with salsa dip, pretzels, crackers, or those out-of-season strawberries that steal the party stage.
- Remember Scarlett when steering toward entrées and desserts: choose the smallest plate and then take miniportions. Denial isn't the order of the day; restraint is the trick.
- Keep chattering. You know it's impolite to talk with your mouth full.
- Wear white. Wouldn't you feel just awful if you spilled gravy all over that new outfit before it's even paid for?
- Keep standing. Tough to manipulate a knife and fork that way.
- Drink your fill—of sparkling water: no calories and it fills you up. Or, enjoy a spritzer—a refreshing mix of white wine topped off with sparkling water. A glass of dry champagne can last the evening, too, and it does more for your image than a mug of Tom and Jerry.
- A sit-down dinner at Aunt Mildred's is as much about feelings as it is about food. Tactfully load your plate with salad, vegetables, and such, easing up on the fatty dressings, gravies, and desserts. Choose the turkey's white meat and slice away the skin. If there will be a scene when you refuse seconds, keep your first round small. And explain, "Sorry, I just came from mother's"—for a little while [illegible] all bad (unless your mother's [illegible]).



Stripped of high-calorie, high-fat ingredients, this tasty pumpkin pie is guilt-free, too.

BORN-AGAIN PUMPKIN PIE

Crust:
- ¾ cup crushed gingersnaps
- ½ cup crushed graham crackers
- 1 Tbsp. sugar
- 1 Tbsp. flour
- 3 Tbsp. margarine, melted

Filling:
- 1 16 oz. can pumpkin
- ½ cup dark brown sugar, packed
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ¾ cup refrigerated or frozen egg product, thawed
- 1 cup evaporated skim milk

In a 9-inch pie plate, combine gingersnap and graham cracker crumbs, sugar, and flour; drizzle with melted margarine and mix with a fork. Using your fingers, pat crumbs to cover the bottom and sides of the pan. Chill about 1 hour or till firm.

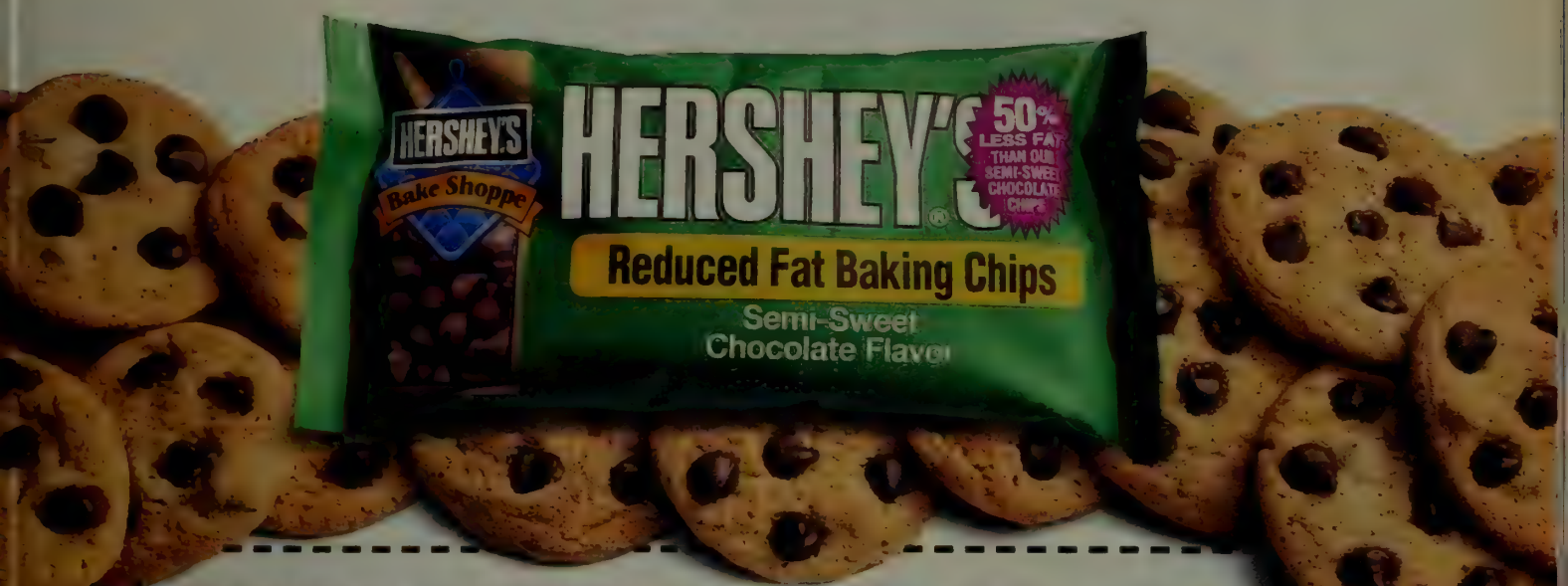
In a mixing bowl combine pumpkin, brown sugar, cinnamon, ginger, and nutmeg. Blend in egg product with a rotary beater or fork. Gradually stir in evaporated milk. Pour in prepared pie shell. Cover edge of pie with foil. Bake in a 375° oven for 30 minutes. Remove foil. Bake for 10 to 15 minutes or till center appears set when shaken. Cool on wire rack; cover and chill to store. Makes 8 servings.

Nutrition facts per serving: 222 cal., 7 g total fat (1 g sat. fat), 1 mg chol., 233 mg sodium, 34 g carbo., 2 g fiber, 7 g pro. Daily Value: 139% vit. A, 4% vit. C, 12% calcium, 17% iron.

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HERSHEY'S 50% REDUCED FAT CHOCOLATEY CHIP COOKIES*

2-1/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup (1 stick) 60% oil spread
3/4 cup granulated sugar
3/4 cup packed light brown sugar
1 teaspoon vanilla extract
2 eggs
2 cups (12-oz. pkg.) HERSHEY'S Reduced Fat Baking Chips

Heat oven to 375°F. Stir together flour, baking soda and salt. In large bowl, beat spread, granulated sugar, brown sugar and vanilla with electric mixer until creamy. Add eggs, beat well. Gradually add flour mixture, beating well. Stir in chips. Drop by rounded teaspoons onto ungreased cookie sheet. Bake 8 to 10 minutes or until lightly browned. Cool slightly, remove from cookie sheet to wire rack. 5 dozen cookies.

*Provides 50% less fat than our HERSHEY'S Classic Chocolate Chip Cookies recipe. See back of package for nutritional information

by Patricia Hittner

Technology's Torment

Heavy computer users risk aches, pains, even total disability. Learn ways to work safely at the keyboard.

Mary Ellen Doyle used to leave work with a nagging pain in her right hand, but never gave it much thought.

A secretary in San Francisco, she spent several hours a day at a computer. Her hand would feel sore, but it never kept her from doing her job. Then one day, after typing a large document, the pain became unbearable. Diagnosed with acute tendinitis, Mary Ellen missed two months of work. She found another job, but was soon forced to quit when the tendinitis worsened.

"It was frightening to realize how close I was to living on the street," she says. "I had no assets and no security. Without a marketable skill you have so little."

At 29, Mary Ellen is permanently disabled. She can't do any job that requires typing, lifting, or regular use of her hands.



Repetitive Strain Injury (RSI) is a term used to generally describe injuries of the upper body, the result of countless repetitive motions. Known as the "the occupational disease of the '90s," this disabling affliction once thrived only in meatpacking plants and factories.

Today, at least 700,000 employees lose time from work each year because of RSI and a broader category of injuries known as cumulative trauma disorders.

When attached to a computer, the standard keyboard poses a special hazard. Computers allow infinitely more keystrokes per hour than typewriters. Also, you can type continuously on a computer because there's no need to advance the page manually or change the paper, which offered built-in breaks.

With an estimated 35 million Americans tethered to home terminals, keyboard overuse could become an even bigger problem. Many people put in long days on office computers, only to unwind at night by cruising the Internet.

Eyestrain, another less serious, but pervasive problem, can cause headaches, tired eyes, and blurred or double vision.

How you can avoid injury. RSI goes by many names, including repetitive strain disorder, repetitive motion syndrome, and work-related musculoskeletal disorder. It can affect various parts of the body, although computer users are especially vulnerable to hand, wrist, and forearm problems.

Carpal tunnel syndrome, the best-known computer-related affliction, happens when tissue within the carpal tunnel—a tunnel of bone and ligament near the wrist—becomes inflamed. The resulting pressure constricts the hand's median nerve, causing pain, numbness, and loss of motor (muscular) control.

Surgery to relieve the pressure is common, with more than 200,000 operations performed each year. But critics charge the procedure has evolved into a highly profitable industry, with some doctors rushing patients into the operating room before trying more conservative treatments.

Many patients find relief by resting the affected hand, taking vitamin B_6 supplements or anti-inflammatory drugs, or wearing splints at night to immobilize the wrist, says Lee Osterman, M.D., a hand surgeon at Thomas Jefferson University Hospital in Philadelphia. Surgery should be reserved for those who don't respond to conservative

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Jergens

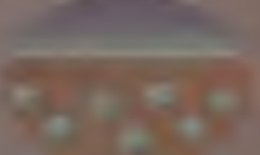
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Technology

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measures. Sometimes an operation is the only way to prevent permanent damage, he says.

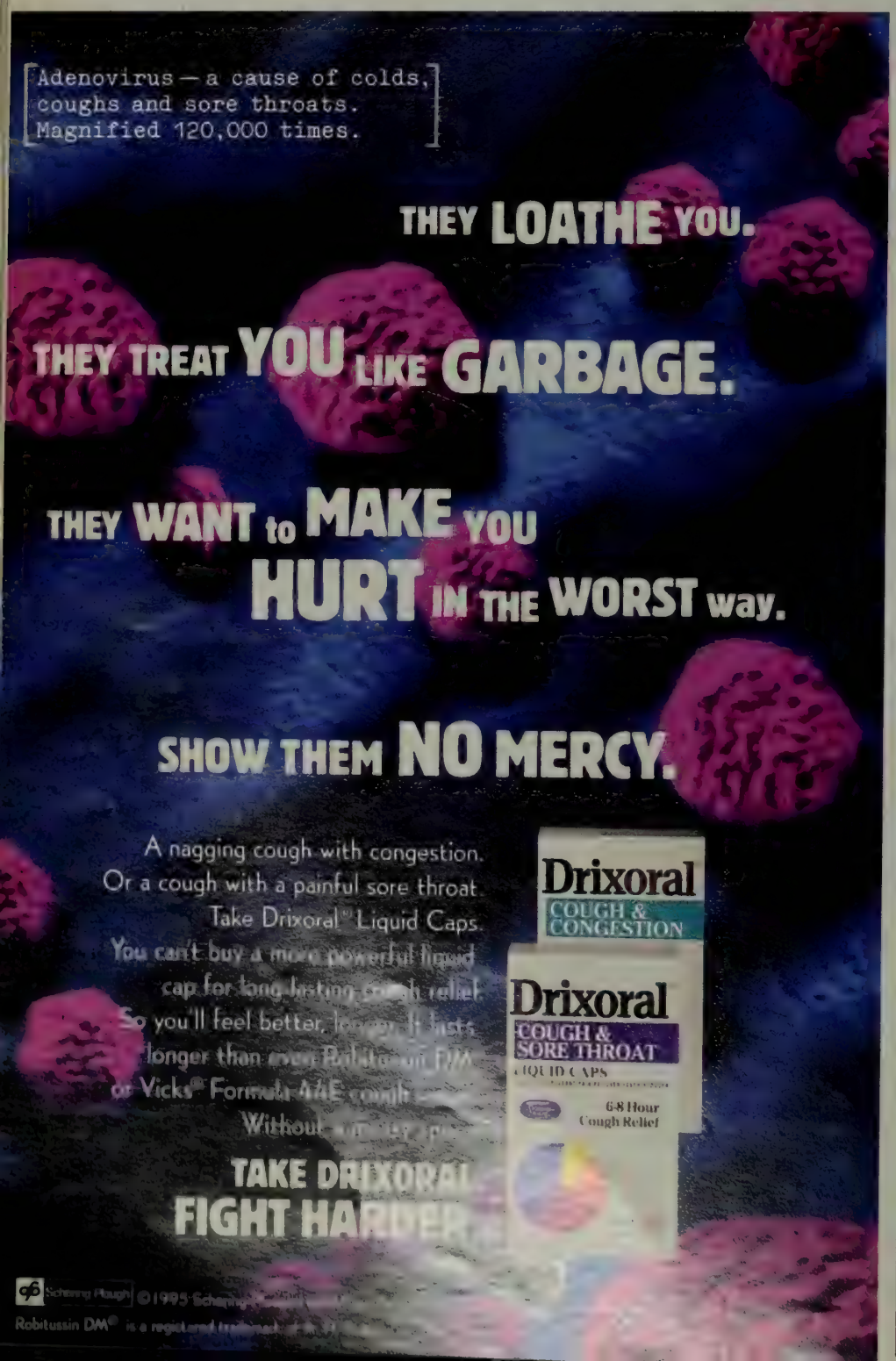
Surgery allowed Ben Horowitz of Montclair, New Jersey, to keep his job and pursue one of his favorite pastimes. A 43-year-old copy editor for a daily newspaper, Ben pounds on a keyboard nearly eight hours a day, often on deadline. He then goes home and spends several hours online with his home computer.

Two years ago, his carpal tunnel syndrome became so severe he knew it was just a matter of time before he'd have to leave his job. Ben also developed "trigger finger," in which the middle fingers on both hands became locked in a bent position.

He underwent separate surgeries for each injury. His fingers are once again limber and he no longer has shooting pains in his wrists, although his hands occasionally go numb.

Carpal tunnel syndrome may be the most notorious computer complaint, but it's not the only one. Emil Pascarelli, M.D., an occupational medicine specialist at Columbia-Presbyterian Medical Center in New York and author of *Repetitive Strain Injury: A Computer User's Guide* (John Wiley & Sons; $14.95), thinks carpal tunnel syndrome is overdiagnosed. He believes many patients actually suffer from a variety of other injuries, such as tendinitis and tenosynovitis. Tenosynovitis is the swelling of the synovium, a membrane that lines the interior of joints in the finger and thumb.

Also, all computer-related maladies are not confined to the hand and arm. Neck and shoulder injuries





ARE OUR KIDS SAFE?

Computers can enrich young minds with up-to-the-minute information from around the globe. But at least one expert worries that too much terminal time could lead to crippling injuries.

"I'm seeing increasing amounts of tendinitis and some very early carpal tunnel syndrome in teenagers who are spending days and nights on the Internet," says Robert Markison, M.D., a hand surgeon at the University of California San Francisco Medical Center. He's treated about 25 kids in the past few years and some have had lengthy rehabilitation.

Full-blown repetitive strain injury is relatively rare in children, although it's not clear why. One theory is the abundance of growth hormones found in young bodies protects against tissue and muscle damage. But the potential for serious problems exists, especially if computer use is combined with Nintendo games and other intensive hand action, Dr. Markison says.

What can parents do? Have your child pursue other activities, he suggests.



can result from staring at a screen that's off to the side. Holding a telephone receiver with your head, while typing, puts undue strain on your entire upper body. Years of jutting your head and neck forward to view the monitor also can take a toll.

Equipment is key. The first line of defense in any workstation—at home or the office—is ergonomically designed furniture. Correctly adjusted chairs, desks, and keyboards promote better sitting and typing posture, says Marvin J. Dainoff, Ph.D., director of the Center for Ergonomic Research at Miami University in Oxford, Ohio.

A good chair should support your lower back, encouraging you to sit erect, with your feet flat on the floor. In this position, while typing, your hands and wrists should be parallel to the keyboard. Dr. Dainoff recommends adjustable chairs; they allow you to shift positions throughout the day and let people of varying heights use the workstation comfortably.

A flood of new and often expensive products have hit the market, but Dr. Dainoff suggests using inexpensive materials at hand. Telephone books or a sturdy box can be turned into footrests. A rolled up towel can support your lower spine.

"People are getting good equipment in their office, but they're going home and working on the dining room table," says Dr. Pascarelli.

You also should limit time at the keyboard. Anyone who uses a computer four or more hours a day is at risk for injury, says Dr. Pascarelli. Periodic breaks while typing also are important. Dr. Pascarelli recommends a five to 10-minute rest every half hour. Once an hour, do upper body exercises to stretch your muscles and improve mobility.

Oh, my aching eyes. Eyestrain causes more complaints than any other computer-related ailment, says James Sheedy, O.D., Ph.D., head of the VDT Eye Clinic at the University of California Berkeley School of Optometry.

Eyestrain creates daily discomfort and lowers productivity. Studies show that it takes longer to read from a computer screen when visibility is reduced. A poorly placed monitor, or one with too much glare, can indirectly promote repetitive strain injuries.

"The eyes lead the body," says Dr. Sheedy. "If you can't see well, your body may assume an awkward posture to get into the position so you can see."

Reduce eyestrain by using a monitor that has the same brightness as your office or home workstation. Dark letters on a light screen background usually are preferable.

Always remember to frequently look away from your screen for a minute or two. "Listen to your body," says Dr. Sheedy. "If you feel uncomfortable, take a break." ⌂

fitness matters

GOOD NEWS ABOUT SHAPING UP

Here's the Scoop on Shoveling and Your Heart



Shoveling can be such an intense workout that inactive people with hidden heart disease may put themselves at risk for a heart attack when they lift wet snow.

Researchers from William Beaumont Hospital in Royal Oak, Michigan, recruited sedentary men under 35 to clear four inches of snow with a shovel and a snow blower.

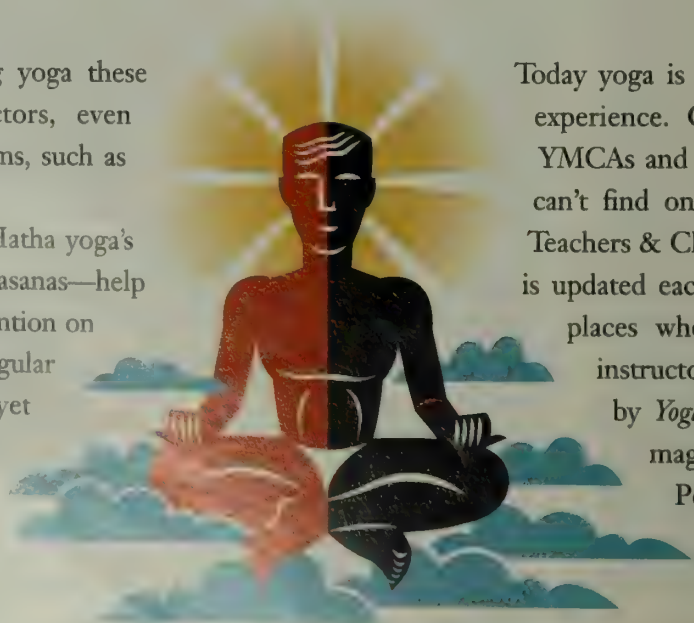
After just two minutes of shoveling, heart rates exceeded the upper limit of the heart rate range commonly recommended for aerobic exercise, says Barry Franklin, Ph.D. Heart rates continued to rise to 97 percent of the maximum in only 10 minutes. The highest heart rate measured was over 170 beats per minute (72 is normal at rest). Using the snow blower, the men had half the energy costs as when shoveling, with typical heart rates at 120.

"These were young healthy men working at their own pace in mild 30-degree temperatures," says Franklin. Imagine the ramifications for out-of-shape or older people working with a time pressure of having to dig out for work on a cold morning.

Consider hiring the work done, Franklin says, if you are over 55, inactive, or overweight; smoke; or have high blood pressure or a family history of heart disease. If you must shovel, never go out right after a large meal or after drinking alcohol. Franklin suggests going slow and pacing yourself with frequent breaks.

Whenever possible, push or sweep the snow. For light loads, lift with your legs. Be sure to wear a hat and dress in layers. Consider wearing a mask to help warm the air you breathe. Cooling of the face and neck, Franklin says, can cause temporary constriction of the coronary arteries at a time when the heart rate is near maximum.

Say Yes to Yoga



Everyone seems to be doing yoga these days—actors, fitness instructors, even National Football League teams, such as the Miami Dolphins.

They are discovering that Hatha yoga's time-honored poses—called asanas—help quiet the mind by placing attention on breathing and the body. Regular practice of this invigorating, yet calming, activity can make you stronger and more flexible while heightening mental awareness.

Today yoga is easier than ever for you to experience. Classes are popping up at YMCAs and other fitness centers. If you can't find one, get the "Guide to Yoga Teachers & Classes." The directory, which is updated each year, lists more than 400 places where you can find certified instructors. The Guide is compiled by *Yoga International*, a bimonthly magazine based in Honesdale, Pennsylvania. For a free copy, call 800/249-3153.

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IN YOUR FIGHT
PERHAPS YOU SHOULD

AGAINST PLAQUE,
BE A LITTLE GENTLER.



lexing head



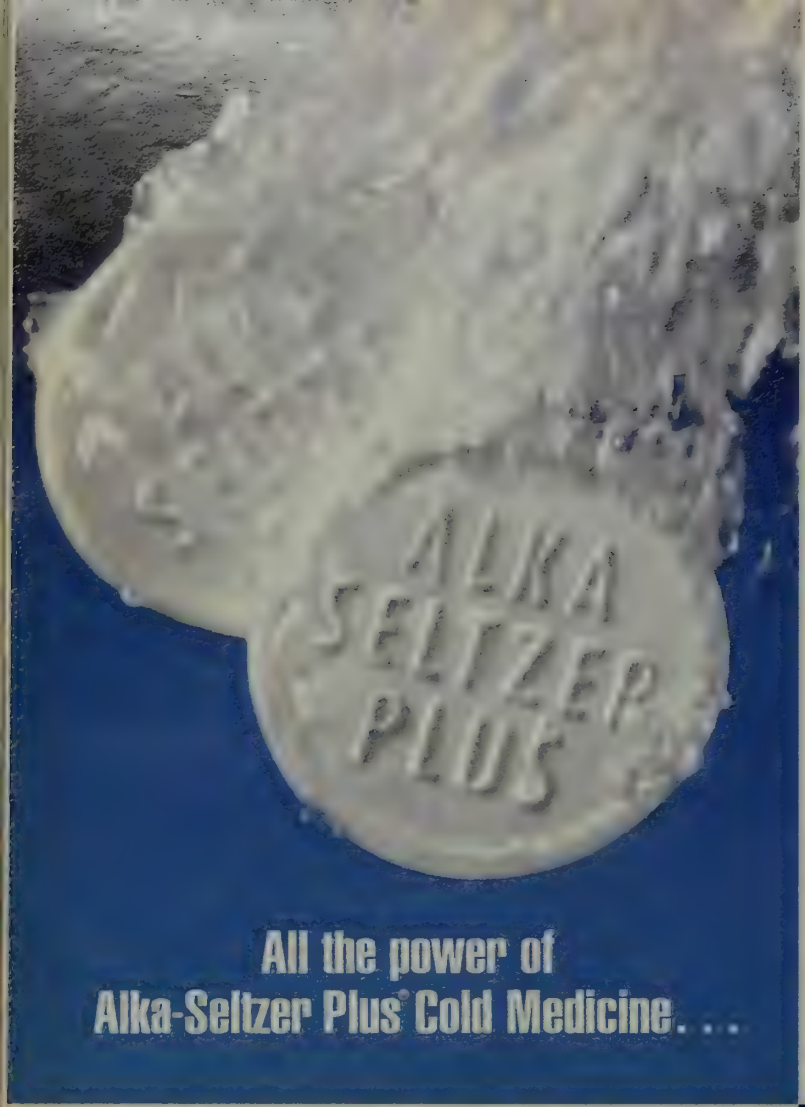
2-way motion

Brushing hard isn't the way to fight plaque. Brushing right is. That's why we developed the Norelco DentiFlex Plaque Control System. It's the better way to clean your teeth, since its unique Dual-Action Brush Motion is clinically proven to help control plaque. And its Pressure Response System helps protect your gums from damage by flexing back if you press too hard. The new Norelco DentiFlex. Fight plaque without being so hard on yourself.



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He advises starting with short bouts of backward walking on a treadmill, then working up to 30 or 40 minutes. The gradual approach gives muscles and the Achilles tendons time to adjust to being worked differently.

Walking backward is especially beneficial if you overtrain or develop pain behind the kneecaps, says Myatt. It decreases the forces on the kneecaps, which allows you to maintain fitness without irritating the inflamed area. It's not for everyone, however. You may fear tripping or dislike some of the looks you'll get at the gym. But how else can you turn your back on exercise without walking away?

Fitness Matters

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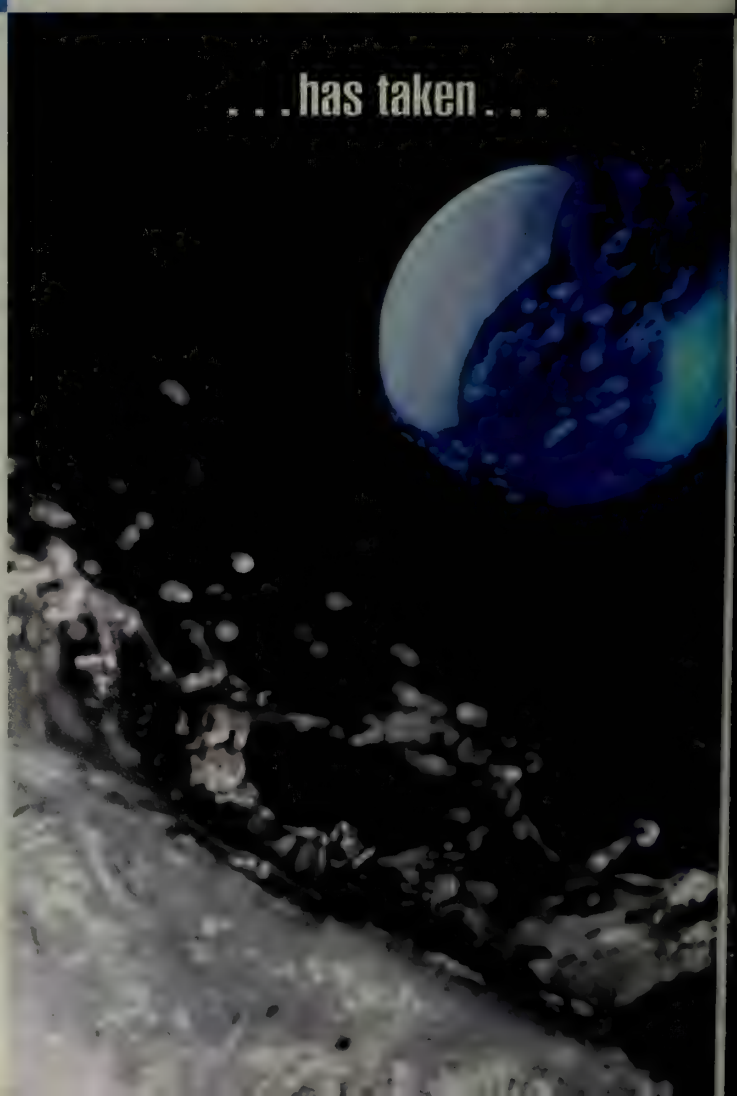
When You Just Can't Face Exercise

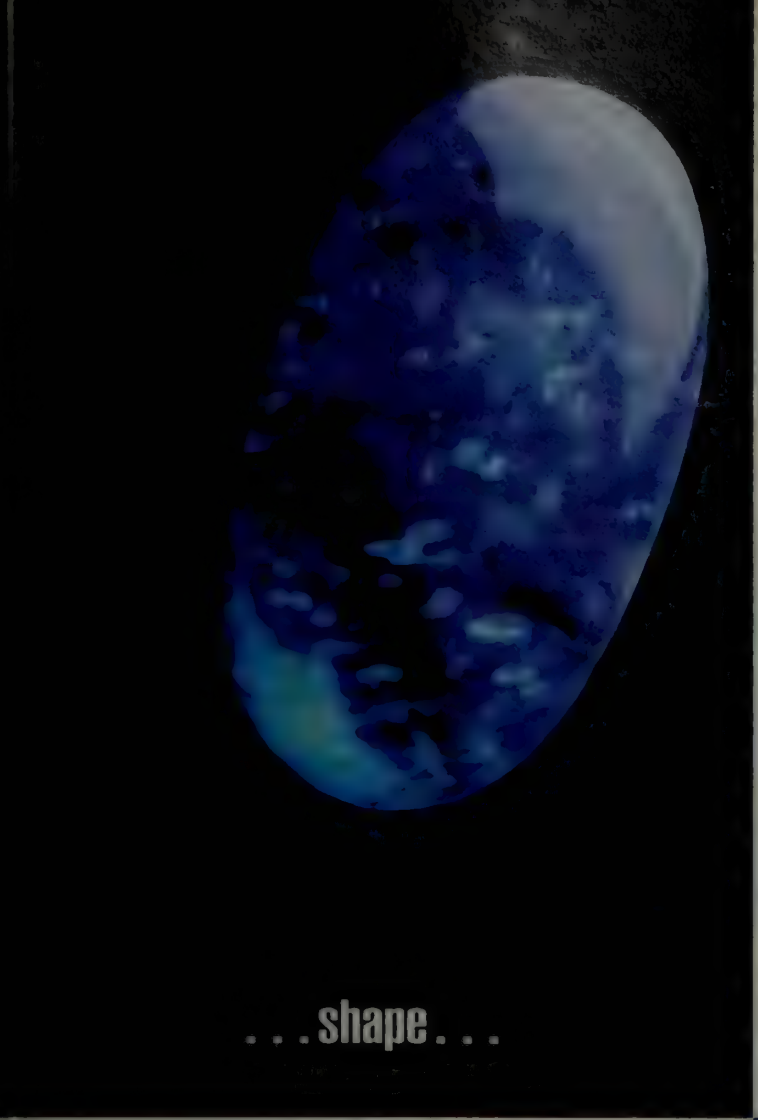
Turn your fitness program around this winter by walking backward on a treadmill.

U.S. Army researchers in the physical therapy graduate program at Baylor University found that backward walking is more demanding than forward walking. It requires 38 to 119 percent more energy than forward walking at the same speed.

The difference is that walking backward, or retro-walking as it's known, calls on larger muscles—the thighs—that burn more energy than the smaller calf and butt muscles used in forward walking. Also, the gait is shorter, meaning you take more steps.

"But the biggest factor is it's just such a novel task," says researcher Glen Myatt, [illegible], of Moncrief Army Community Hospital in Fort Jackson, South Carolina.





Step On It

Too many people get on stair climbing machines and quickly get bushed, bored, or both. Howard G. Knuttgen, Ph.D., editor-in-chief of *The Penn State Sports Medicine Newsletter*, has some ideas on how you can add some zip to a 30- or 40-minute workout:

- Warm up with shorter steps for five to 10 minutes.
- Work up to deeper steps. Select a rate that lets you stay in the middle range of motion of the pedals.
- For variety, close your eyes and hold on lightly to the rail as you step. This challenges your balance and gives you a better workout. Too often, climbers lighten their load by bracing themselves with their arms.
- Step as far forward as possible onto the steps. This takes pressure off the calf muscles and forces the thighs to work harder.
- Climb for one minute with toes in and the next with toes out. This is great for hip and thigh muscles.
- Cool down for at least five minutes by shifting again to shorter steps.

continued on page 60

Lap Swimmers, Listen Up

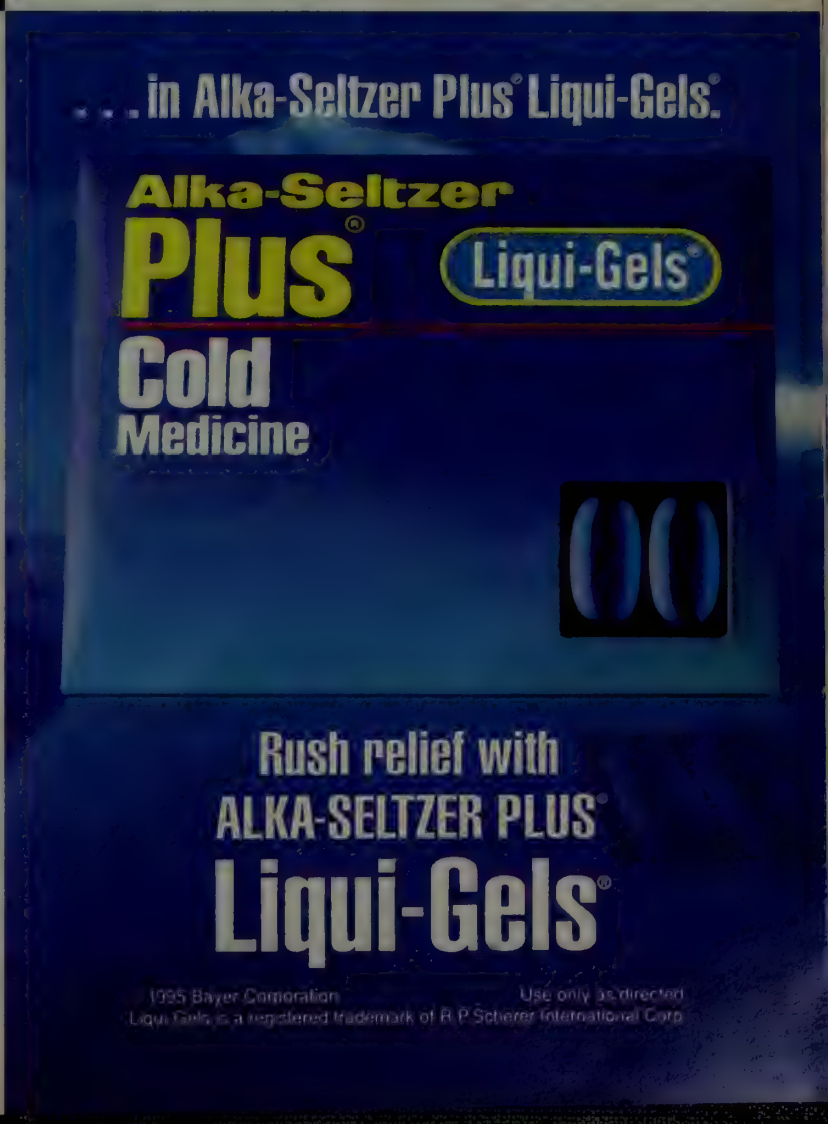
Nothing can pull the plug on your swimming program faster than "swimmer's ear."

This infection of the outer ear canal is caused by fungi or bacteria in water trapped inside the canal. Water softens the skin, making it vulnerable to the infection. The results are often pain, swelling, or drainage of a milky fluid.

To prevent infection, use antiseptic eardrops when water is trapped in your ear. You can buy eardrops without a prescription, or make your own. Doctors recommend rubbing alcohol because it absorbs water, dries the ear, and kills microorganisms.

You also can mix equal amounts of white vinegar with rubbing alcohol. A note of caution: Check with your doctor before using any eardrops, which can complicate preexisting infections or damaged eardrums.

For a free brochure on this ailment, send an SASE to: "Swimmer's Ear," American Academy of Otolaryngology—Head and Neck Surgery, 1 Prince Street, Alexandria, Virginia, 22314.



Find out if you may be one of the 18 million Americans suffering from depression.



PEOPLE WITH DEPRESSION CAN BE TREATED SUCCESSFULLY. Depression is one of the most common illnesses in America today. Yet some won't talk about it. Many talk about it in whispers. While still others write it off as just a "mood."

HOW TO RECOGNIZE DEPRESSION. Of course, depression is a mood many experience occasionally. But when depression lasts more than a few weeks and gets in the way of living, it's more than a mood. It's an illness.

The symptoms of clinical depression (depression that requires treatment) include a deep sense of sadness, a noticeable change in appetite or sleep patterns, a loss of interest in pleasurable activities, fatigue or loss of energy, a feeling of worthlessness, recurrent thoughts of death or suicide...plus other possible symptoms.

If you recognize the symptoms of depression in someone you care about, *please* urge them to see a doctor.

TODAY, DEPRESSION IS TREATABLE WITH A VARIETY OF THERAPIES. Many depressed people respond favorably to treatment such as drug therapy or nondrug approaches like psychotherapy. And even those who don't get complete relief often get at least some relief.

Different treatments may have different results in different people. But what is especially encouraging is that even when one therapy or antidepressant medication fails to provide relief for an individual, another may.

It's important for someone suffering from depression to discuss all treatment options with his or her doctor.

One of those options is Effexor® (venlafaxine HCl), a medication shown to be effective for a broad range of depressed adults. Effexor is an antidepressant that is chemically unrelated to other medications.

If you or someone you care about answers yes to five or more of these questions (including questions #1 or #2)...and if the symptoms described have been present nearly every day for 2 weeks or more, you should consider speaking to a health care professional about different treatment options for depression, including Effexor® (venlafaxine HCl).†

YES NO

- ☐☐ 1. Do you or they feel a deep sense of depression, sadness, or hopelessness most of the day?
- ☐☐ 2. Have you or they experienced diminished interest in most or all activities?
- ☐☐ 3. Have you or they experienced significant appetite or weight change when not dieting?
- ☐☐ 4. Have you or they experienced a significant change in sleeping patterns?
- ☐☐ 5. Do you or they feel unusually restless...or unusually sluggish?
- ☐☐ 6. Do you or they feel unduly fatigued?
- ☐☐ 7. Do you or they experience persistent feelings of hopelessness or inappropriate feelings of guilt?
- ☐☐ 8. Have you or they experienced a diminished ability to think or concentrate?
- ☐☐ 9. Do you or they have recurrent thoughts of death or suicide?

Other explanations for these symptoms may need to be considered.

†Adapted from *American Psychiatric Association: Diagnostic and Statistical Manual of Mental Disorders*, Fourth Edition. Washington, DC: American Psychiatric Association; 1994.

THE SIDE EFFECTS OF ANTIDEPRESSANTS SHOULD BE CONSIDERED. As with all drugs, there can be side effects with antidepressants. Among the most common side effects with Effexor are nausea, sleepiness, dry mouth, dizziness, constipation, nervousness, sweating, lack of energy, sexual impairment, and anorexia. People who take Effexor should have their blood pressure monitored regularly since Effexor is occasionally accompanied by an increase in blood pressure. Side effects of antidepressants should be discussed with your doctor.

People taking MAO inhibitors (another class of antidepressants) should not take Effexor. Women who are pregnant or nursing should not take any antidepressant without consulting their doctor.

PEOPLE WITH DEPRESSION ARE NOT ALONE. It's estimated that approximately 18 million Americans* suffer from depression. People of all ages, all circumstances, from all walks of life. In fact, many doctors think depression may be responsible for a majority of suicides, the eighth-leading cause of death in America.

If someone you love is suffering from depression, tell them that in spite of their feelings of hopelessness there *is* hope. In fact, there is more than hope. For many of them, there is help. Suggest that they ask their doctor about current therapies, including Effexor.

Ask your doctor about

EFFEXOR® Tablets

VENLAFAXINE HCl

Please see the important information accompanying this advertisement

*Analysis on file at Wyeth-Ayerst Laboratories.

BRIEF SUMMARY OF PRESCRIBING INFORMATION FOR THE PATIENT

EFFEXOR brand of venlafaxine hydrochloride tablets
This summary describes when and how to use EFFEXOR. Please read it carefully, and then ask your doctor about EFFEXOR. Only your doctor has the training necessary to weigh the risks and benefits of a prescription drug for you

INDICATIONS AND USAGE:
EFFEXOR is indicated for the treatment of depression

WHEN EFFEXOR SHOULD NOT BE USED:
If you are taking monoamine oxidase inhibitors (MAOIs). It is very important that you tell your doctor what other medications you are taking or have taken before starting any treatment with EFFEXOR. **Taking EFFEXOR in combination with an MAOI or within 14 days of stopping MAOI therapy can cause serious side effects and/or fatalities.** Most doctors will allow at least 7 days in between EFFEXOR and MAOI therapies. Some commonly prescribed MAOIs include Nardil® (phenelzine sulfate) and Parnate® (tranylcypromine sulfate).*

If you are allergic to any of its ingredients. In addition to the active ingredient, venlafaxine hydrochloride, EFFEXOR also contains the following inactive ingredients: cellulose, iron oxides, lactose, magnesium stearate, and sodium starch glycolate. Notify your doctor if you develop a rash, hives, or other allergic reactions.

PRECAUTIONS:
If you have high blood pressure. In some patients EFFEXOR can cause sustained increases in blood pressure. Blood pressure increases, however, are usually dose-related and can usually be corrected by your doctor who may decide to reduce your dose or in some cases discontinue treatment with EFFEXOR. Regular monitoring of your blood pressure is therefore strongly recommended while you are taking EFFEXOR.

During pregnancy. Consult your doctor if you think you may be pregnant or are planning to become pregnant. EFFEXOR should be used during pregnancy only if clearly needed and recommended by your physician.

If you are breast-feeding. It is not known whether EFFEXOR passes through to mother's milk; therefore, if you are breast-feeding, you should take the drug only on the advice of your doctor.

If you have liver or kidney disease. Caution should be exercised when taking EFFEXOR if you have any kind of decreased liver or kidney function.

Drug interactions. Because of possible serious and/or fatal drug interactions, it is important to tell your doctor what other drugs you are taking, including those obtained without a prescription. Extreme caution should be used if you are currently on an MAOI or Tagamet® (cimetidine).*

Alcohol. While EFFEXOR has not been shown to exaggerate the effects of alcohol, you should avoid alcohol while taking EFFEXOR, as it may change the drugs effect.

Cancer, decrease in fertility. EFFEXOR, like most prescription drugs, was required to be tested in animals before it was marketed for human use. Often these tests are conducted with higher drug concentrations than recommended for humans. No evidence of cancer or decrease in fertility was demonstrated in any of these tests. Your doctor can tell you more about what the results of these tests can mean about safety for you.

Geriatric use. In clinical trials, 12% of EFFEXOR-treated patients were 65 years of age or older. Overall differences in safety or efficacy were not demonstrated. However, since many older patients are more sensitive to drugs, the possibility exists that treatment with EFFEXOR may have different results in the elderly than in younger patients.

Pediatric use. The safety and effectiveness of EFFEXOR in children under age 18 have not been established.

WAFX-1205A

Anxiety and Insomnia. Anxiety, nervousness, and insomnia have been reported in short-term studies.

Changes in appetite/weight. Anorexia has been reported in short-term studies and a dose-dependent weight loss has been reported in patients taking EFFEXOR for several weeks.

Seizures. Consult your doctor if you have a history of seizures since seizures were reported in some patients taking EFFEXOR.

Mania/Hypomania. Antidepressants, including EFFEXOR, affect the development of hypomania and mania (symptoms include excitement characterized by mental and physical activity, disorganization of behavior, hyperirritability, and elevation of mood), and both have been reported in patients using EFFEXOR. Consult your doctor if you have a history of mania.

Other illnesses. Some diseases or conditions change your metabolism or the way your body responds to medication. As a result, your dosage of EFFEXOR may need to be adjusted. Consult your doctor if you think you may have any such illnesses (including cirrhosis of the liver, kidney disease, or blood disorders).

Other information. Use caution when operating hazardous machinery or driving a car until you are sure EFFEXOR has no effect on these activities.

SIDE EFFECTS:
Like all prescription drugs, EFFEXOR can cause side effects. Some of the more common side effects are dose-related. Many patients adapt to some of these effects with continued EFFEXOR therapy over a 6-week period. The most common side effects reported (defined as occurring in 5% or more of patients or at a rate at least twice that of those taking placebo) include the following: general weakness, sweating, nausea, constipation, anorexia, vomiting, sleepiness, dry mouth, dizziness, nervousness, anxiety, tremor, blurred vision, abnormal ejaculation or orgasm in men, and impotence.

Other reported side effects that occurred in 1% or more of patients are listed below. It is important to emphasize, though, that—while those conditions occurred as patients were taking EFFEXOR—it is not known if they were caused by the drug.

Body as a whole - Accidental injury, general feeling of discomfort, neck pain. **Cardiovascular system** - Migraine. **Nervous system** - Mood swings, lockjaw, vertigo. **Blood and lymphatic system** - Bruising. **Digestive system** - Difficulty in swallowing, burping. **Metabolic and nutritional** - Swelling, weight gain. **Respiratory system** - Bronchitis, labored breathing. **Special senses** - Abnormal vision, ear pain. **Urogenital system** - Painful or impaired urination, blood in the urine, uterine bleeding, vaginitis, failure to attain orgasm.

Additional side effects were reported; however, they were categorized as "infrequent" or "rare."

*Nardil is a registered trademark of Parke-Davis; Parnate and Tagamet, of SmithKline Beecham Pharmaceuticals.

NOTE: This summary provides the most important information about EFFEXOR. If you want to read more, ask your doctor or pharmacist to let you read the direction circular.

This Brief Summary for Direct-to-Consumer Advertising is based on the current EFFEXOR Tablets Physician Insert, CI 4193-2, Issued May 23, 1994

EFFEXOR® Tablets
VENLAFAXINE HCl

Wyeth Laboratories Inc
A Wyeth-Ayerst Company
Philadelphia, PA 19101

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Fitness Matters

continued from page 57

Deck Your Mall With Walkers

To walkers who complain about working out in rotten winter weather, Bryant Stamford, Ph.D., has this to say: Sleet happens. So when it does, walk the malls.

To learn more about mall walking and perhaps about a club already in your area, send a business-size SASE to the National Organization of Mall Walkers, P.O. Box 191, Hermann, MO 65041. If there is no local club, and you like the idea of a group of friends meeting regularly for comfortable walks, think about forming your own mall-walking program.

Stamford, director of the Health Promotion Center at the University of Louisville, has a few suggestions:

- Check first with mall management.
- Meet at least three days a week and set regular hours. Find out which times work best for members and for the mall. Often the best time is before business hours.
- Find a sponsor. This tends to unify members, plus sponsors may promote your club. Check with hospitals, senior citizen groups, and civic organizations.
- Publish a newsletter to keep members informed.

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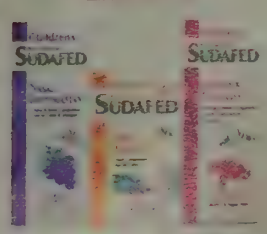
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by Martha Miller

Healthful Holiday Gifts

What better way to tell someone you really care about them than by giving a gift that helps them stay healthy or safe—all year long. We found some new products and offer a few suggestions that can do just that. Here's to a healthier year ahead!

READ ALL ABOUT IT

For the person who needs to know the latest health breakthroughs, a newsletter can be a great gift. Try *Consumer Reports on Health* (12 issues for $24, 800/234-2188), *University of California at Berkeley Wellness Letter* (12 issues for $24, 800/829-9080) or Johns Hopkins' *Health After 50* (12 issues for $28, 800/829-9170).



Soothing Slumber

Block out stress with a Rest Your Eyes eye pillow. The gentle weight of the organic flaxseed filling massages eyes and surrounding muscles. Pillows in silk or cotton, $12–$20. H2B Company, 800/829-6580.



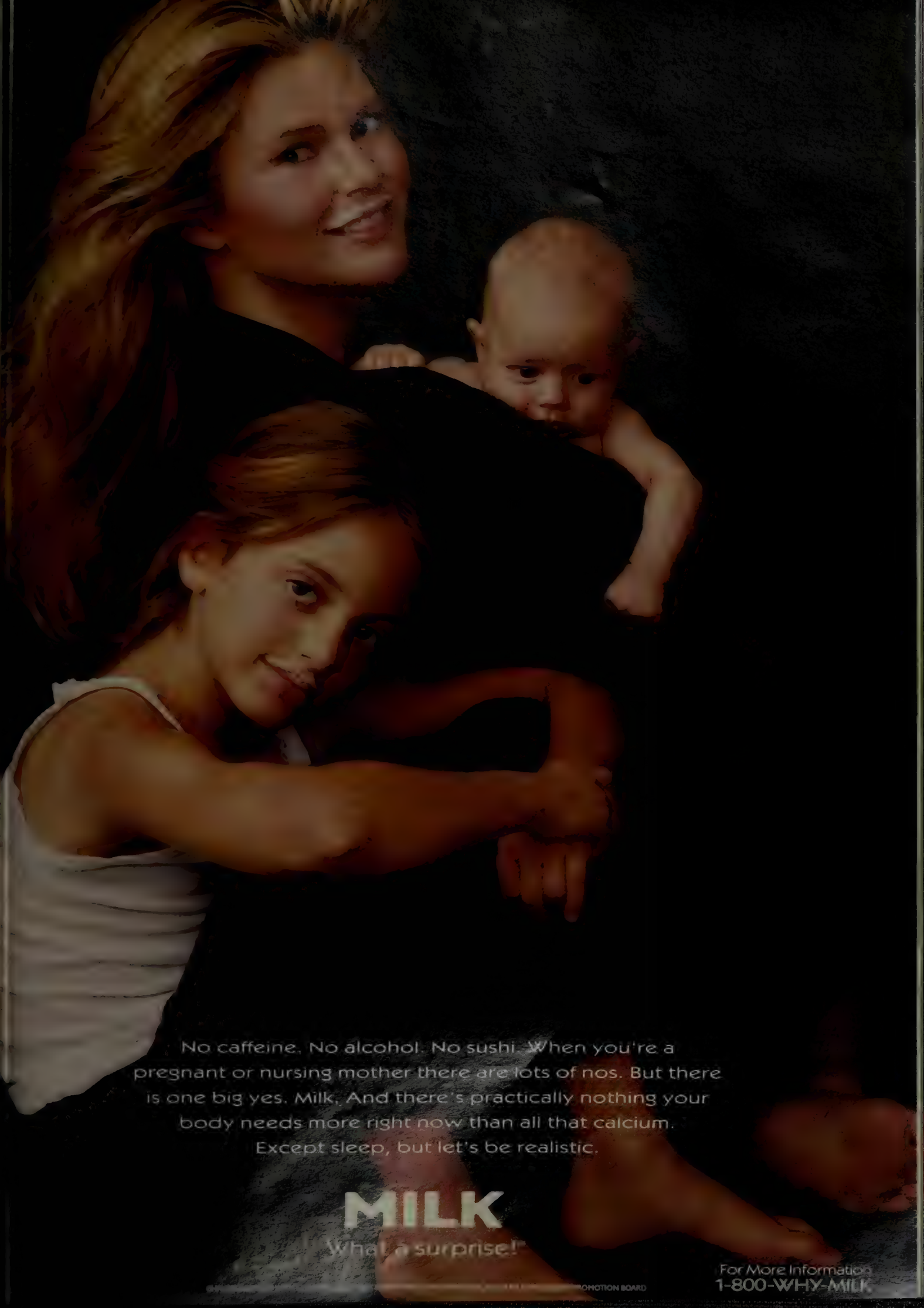
Get in the Swim

Swimming laps goes high-tech with these silicone gloves by Swans Sports. The webbed fingers make strokes more challenging. The gloves come in three sizes and colors (above, blue and black). Solids are $18; the multicolored ones are $20. Pacific Marketing, 415/344-9311.

WORK MIND AND BODY

Help someone get back into the gym routine with their very own plexiglass reading rack. It holds newspapers and paperbacks and fits most treadmills and Stairmaster machines. Clear racks are $25; all-white ones sell for $20. X-ER-CESSOR-EASE, 800/243-3273

continued on page 68


No caffeine. No alcohol. No sushi. When you're a pregnant or nursing mother there are lots of nos. But there is one big yes. Milk. And there's practically nothing your body needs more right now than all that calcium. Except sleep, but let's be realistic.
MILK
What a surprise!
For More Information
1-800-WHY-MILK

CLARITIN-D

brand of loratadine and pseudoephedrine sulfate, USP

Long-Acting Antihistamine/Extended Release Decongestant Tablets

BRIEF SUMMARY (For full Prescribing Information, see package insert.)

CAUTION: Federal Law Prohibits Dispensing Without Prescription

INDICATIONS AND USAGE: CLARITIN-D Tablets are indicated for the relief of symptoms of seasonal allergic rhinitis. CLARITIN-D Tablets should be administered when both the antihistaminic properties of CLARITIN (loratadine) and the nasal decongestant activity of pseudoephedrine are desired (see **CLINICAL PHARMACOLOGY**).

CONTRAINDICATIONS: CLARITIN-D Tablets are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients.

This product, due to its pseudoephedrine component, is contraindicated in patients with narrow-angle glaucoma or urinary retention, and in patients receiving monoamine oxidase (MAO) inhibitor therapy or within fourteen (14) days of stopping such treatment (see **Drug Interactions** section). It is also contraindicated in patients with severe hypertension, severe coronary artery disease, and in those who have shown hypersensitivity or idiosyncrasy to its components, to adrenergic agents, or to other drugs of similar chemical structures. Manifestations of patient idiosyncrasy to adrenergic agents include: insomnia, dizziness, weakness, tremor, or arrhythmias.

WARNINGS: CLARITIN-D Tablets should be used with caution in patients with hypertension, diabetes mellitus, ischemic heart disease, increased intraocular pressure, hyperthyroidism, renal impairment, or prostatic hypertrophy. Central nervous system stimulation with convulsions or cardiovascular collapse with accompanying hypotension may be produced by sympathomimetic amines.

Use in Patients Approximately 60 years and Older: The safety and efficacy of CLARITIN-D Tablets in patients greater than 60 years old have not been investigated in placebo-controlled clinical trials. The elderly are more likely to have adverse reactions to sympathomimetic amines.

PRECAUTIONS: General: Because the doses of this fixed combination product cannot be individually titrated and hepatic insufficiency results in a reduced clearance of loratadine to a much greater extent than pseudoephedrine, CLARITIN-D Tablets should generally be avoided in patients with hepatic insufficiency. Patients with renal insufficiency (GFR < 30 mL/min) should be given a lower initial dose (one tablet per day) because they have reduced clearance of loratadine and pseudoephedrine.

Information for Patients: Patients taking CLARITIN-D Tablets should receive the following information: CLARITIN-D Tablets are prescribed for the relief of symptoms of seasonal allergic rhinitis. Patients should be instructed to take CLARITIN-D Tablets only as prescribed and not to exceed the prescribed dose. Patients should also be advised against the concurrent use of CLARITIN-D Tablets with over-the-counter antihistamines and decongestants.

This product should not be used by patients who are hypersensitive to it or to any of its ingredients. Due to its pseudoephedrine component, this product should not be used by patients with narrow-angle glaucoma, urinary retention, or by patients receiving a monoamine oxidase (MAO) inhibitor or within 14 days of stopping use of an MAO inhibitor. It also should not be used by patients with severe hypertension or severe coronary artery disease.

Patients who are or may become pregnant should be told that this product should be used in pregnancy or during lactation only if the potential benefit justifies the potential risk to the fetus or nursing infant.

Patients should be instructed not to break or chew the tablet.

Drug Interactions: No specific interaction studies have been conducted with CLARITIN-D Tablets. However, loratadine (10 mg once daily) has been safely coadministered with therapeutic doses of erythromycin, cimetidine, and ketoconazole in controlled clinical pharmacology studies. Although increased plasma concentrations (AUC 0-24 hrs) of loratadine and/or descarboethoxyloratadine were observed following coadministration of loratadine with each of these drugs in normal volunteers (n=24 in each study), there were no clinically relevant changes in the safety profile of loratadine, as assessed by electrocardiographic parameters, clinical laboratory tests, vital signs, and adverse events. There were no significant effects on QT_c intervals, and no reports of sedation or syncope. No effects on plasma concentrations of cimetidine or ketoconazole were observed. Plasma concentrations (AUC 0-24 hrs) of erythromycin decreased 15% with coadministration of loratadine relative to that observed with erythromycin alone. The clinical relevance of this difference is unknown. These above findings are summarized in the following table:

Effects on Plasma Concentrations (AUC 0-24 hrs) of Loratadine and Descarboethoxyloratadine After 10 Days of Coadministration (Loratadine 10 mg) in Normal Volunteers

	Loratadine	Descarboethoxyloratadine
Erythromycin (500 mg Q8h)	+ 40%	+46%
Cimetidine (300 mg QID)	+103%	+ 6%
Ketoconazole (200 mg Q12h)	+307%	+73%

There does not appear to be an increase in adverse events in subjects who received oral contraceptives and loratadine.

CLARITIN-D Tablets (pseudoephedrine component) are contraindicated in patients taking monoamine oxidase inhibitors and for 2 weeks after stopping use of an MAO inhibitor. The antihypertensive effects of beta-adrenergic blocking agents, methyldopa, mecamylamine, reserpine, and veratrum alkaloids may be reduced by sympathomimetics. Increased ectopic pacemaker activity can occur when pseudoephedrine is used concomitantly with digitalis.

Drug/Laboratory Test Interactions: The *in vitro* addition of pseudoephedrine to sera containing the cardiac isoenzyme MB of serum creatinine phosphokinase progressively inhibits the activity of the enzyme. The inhibition becomes complete over 6 hours.

Carcinogenesis, Mutagenesis, Impairment of Fertility: There are no animal or laboratory studies on the combination product loratadine and pseudoephedrine sulfate to evaluate carcinogenesis, mutagenesis, or impairment of fertility.

In an 18-month oncogenicity study in mice and a 2-year study in rats loratadine was administered in the diet at doses up to 40 mg/kg (mice) and 25 mg/kg (rats). In the carcinogenicity studies pharmacokinetic assessments were carried out to determine animal exposure to the drug. AUC data demonstrated that the exposure of mice given 40 mg/kg of loratadine was 3.6 (loratadine) and 18 (active metabolite) times higher than a human given 10 mg/day. Exposure of rats given 25 mg/kg of loratadine was 28 (loratadine) and 67 (active metabolite) times higher than a human given 10 mg/day. Male mice given 40 mg/kg had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg and males and females given 25 mg/kg. The clinical significance of these findings during long-term use of loratadine is not known.

In mutagenicity studies with loratadine alone, there was no evidence of mutagenic potential in reverse (Ames) or forward point mutation (CHO-HGPRT) assays, or in the assay for DNA damage (Rat Primary Hepatocyte Unscheduled DNA Assay) or in two assays for chromosomal aberrations (Human Peripheral Blood Lymphocyte Clastogenesis Assay and the Mouse Bone Marrow Erythrocyte Micronucleus Assay). In the Mouse Lymphoma Assay, a positive finding occurred in the nonactivated but not the activated phase of the study.

Loratadine administration produced hepatic microsomal enzyme induction in the mouse at 40 mg/kg and rat at 25 mg/kg, but not at lower doses.

Decreased fertility in male rats, shown by lower female conception rates, occurred at approximately 64 mg/kg of loratadine and was reversible upon cessation of dosing. Loratadine had no effect on male or female fertility, or reproductive performance at doses approximately 24 mg/kg.

Pregnancy Category B: There was no evidence of animal teratogenicity in reproduction studies performed on rats and rabbits with this combination at oral doses up to 150 mg/kg (885 mg/m² or 5 times the recommended daily human dosage of 250 mg or 185 mg/m²), and 120 mg/kg (1416 mg/m² or 8 times the recommended daily human dosage), respectively. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, CLARITIN-D Tablets should be used during pregnancy only if clearly needed.

Nursing Mothers: It is not known if this combination product is excreted in human milk. However, loratadine when administered alone and its metabolite descarboethoxyloratadine pass easily into breast milk and achieve concentrations that are equivalent to plasma levels, with an AUC_{milk}/AUC_{plasma} ratio of 1.17 and 0.85 for the parent and active metabolite, respectively. Following a single oral dose of 40 mg, a small amount of loratadine and metabolite was excreted into the breast milk (approximately 0.03% of 40 mg after 48 hours). Pseudoephedrine administered alone also distributes into breast milk of the lactating human female. Pseudoephedrine concentrations in milk are consistently higher than those in plasma. The total amount of drug in milk as judged by the area under the curve (AUC) is 2 to 3 times greater than in plasma. The fraction of a pseudoephedrine dose excreted in milk is estimated to be 0.4% to 0.7%. A decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the mother. Caution should be exercised when CLARITIN-D Tablets are administered to a nursing woman.

Pediatric Use: Safety and effectiveness in children below the age of 12 years have not been established.

ADVERSE REACTIONS: Experience from controlled and uncontrolled clinical studies involving approximately 10,000 patients who received the combination of loratadine and pseudoephedrine sulfate for a period of up to 1 month provides information on adverse reactions. The usual dose was one tablet every 12 hours for up to 28 days.

In controlled clinical trials using the recommended dose of one tablet every 12 hours, the incidence of reported adverse events was similar to those reported with placebo, with the exception of insomnia (16%) and dry mouth (14%).

REPORTED ADVERSE EVENTS WITH AN INCIDENCE OF ≥2% ON CLARITIN-D IN PLACEBO-CONTROLLED CLINICAL TRIALS

PERCENT OF PATIENTS REPORTING

	CLARITIN-D n=1023	Loratadine n=543	Pseudoephedrine n=548	Placebo n=922
Headache	19	18	17	19
Insomnia	16	4	19	3
Dry Mouth	14	4	9	3
Somnolence	7	8	5	4
Nervousness	5	3	7	2
Dizziness	4	1	5	2
Fatigue	4	6	3	3
Dyspepsia	3	2	3	1
Nausea	3	2	3	2
Pharyngitis	3	3	2	3
Anorexia	2	1	2	1
Thirst	2	1	2	1

Adverse event rates did not appear to differ significantly based on age, sex, or race, although the number of non-white subjects was relatively small.

In addition to those adverse events reported above (≥2%), the following less frequent adverse events have been reported in at least one CLARITIN-D treated patient:

Autonomic Nervous System: Abnormal lacrimation, dehydration, flushing, hypoesthesia, increased sweating, mydriasis.

Body As A Whole: Asthenia, back pain, blurred vision, chest pain, conjunctivitis, earache, ear infection, eye pain, fever, flu-like symptoms, leg cramps, lymphadenopathy, malaise, photophobia, rigors, tinnitus, viral infection, weight gain.

Cardiovascular System: Hypertension, hypotension, palpitations, peripheral edema, syncope, tachycardia, ventricular extrasystoles.

Central and Peripheral Nervous System: Dysphonia, hyperkinesia, hypertonia, migraine, paresthesia, tremors, vertigo.

Gastrointestinal System: Abdominal distension, abdominal distress, abdominal pain, altered taste, constipation, diarrhea, eructation, flatulence, gastritis, gingival bleeding, hemorrhoids, increased appetite, stomatitis, taste loss, tongue discoloration, toothache, vomiting.

Liver and Biliary System: Hepatic function abnormal.

Musculoskeletal System: Arthralgia, myalgia, torticollis.

Psychiatric: Aggressive reaction, agitation, anxiety, apathy, confusion, decreased libido, depression, emotional lability, euphoria, impaired concentration, irritability, paroniria.

Reproductive System: Dysmenorrhea, impotence, intermenstrual bleeding, vaginitis.

Respiratory System: Bronchitis, bronchospasm, chest congestion, coughing, dry throat, dyspnea, epistaxis, halitosis, nasal congestion, nasal irritation, sinusitis, sneezing, sputum increased, upper respiratory infection, wheezing.

Skin and Appendages: Acne, bacterial skin infection, dry skin, eczema, edema, epidermal necrolysis, erythema, hematoma, pruritus, rash, urticaria.

Urinary System: Dysuria, micturition frequency, nocturia, polyuria, urinary retention.

The following additional adverse events have been reported with the use of CLARITIN Tablets: alopecia, altered salivation, amnesia, anaphylaxis, angioneurotic edema, blepharospasm, breast enlargement, breast pain, dermatitis, dry hair, erythema multiforme, hemoptysis, hepatic necrosis, hepatitis, jaundice, laryngitis, menorrhagia, nasal dryness, photosensitivity reaction, purpura, seizures, supraventricular tachyarrhythmias, and urinary discoloration.

Pseudoephedrine may cause mild CNS stimulation in hypersensitive patients. Nervousness, excitability, restlessness, dizziness, weakness, or insomnia may occur. Headache, drowsiness, tachycardia, palpitation, pressor activity, and cardiac arrhythmias have been reported. Sympathomimetic drugs have also been associated with other untoward effects, such as fear, anxiety, tenseness, tremor, hallucinations, seizures, pallor, respiratory difficulty, dysuria, and cardiovascular collapse.

OVERDOSAGE: Somnolence, tachycardia, and headache have been reported with doses of 40 to 180 mg of CLARITIN Tablets. In the event of overdosage, general symptomatic and supportive measures should be instituted promptly and maintained for as long as necessary. Treatment of overdosage would reasonably consist of emesis (ipecac syrup), except in patients with impaired consciousness, followed by the administration of activated charcoal to absorb any remaining drug. If vomiting is unsuccessful, or contraindicated, gastric lavage should be performed with normal saline. Saline cathartics may also be of value for rapid dilution of bowel contents. Loratadine is not eliminated by hemodialysis. It is not known if loratadine is eliminated by peritoneal dialysis.

In large doses, sympathomimetics may give rise to giddiness, headache, nausea, vomiting, sweating, thirst, tachycardia, precordial pain, palpitations, difficulty in micturition, muscular weakness and tenseness, anxiety, restlessness, and insomnia. Many patients can present a toxic psychosis with delusions and hallucinations. Some may develop cardiac arrhythmias, circulatory collapse, convulsions, coma, and respiratory failure.

The oral LD_{50} values for the mixture of the two drugs were greater than 525 and 1839 mg/kg in mice and rats, respectively. Oral LD_{50} values for loratadine were greater than 5000 mg/kg in rats and mice. Doses of loratadine as high as 10 times the recommended daily clinical dose showed no effect in rats, mice, and monkeys.

Schering Corporation
Kenilworth, NJ 07033 USA

Rev. 11/94

17762605-JBS

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ASK YOUR DOCTOR FOR A TRIAL OF CLARITIN®-D

Nondrowsy prescription relief for runny noses; itchy, watery eyes; sneezing; and stuffy, congested noses.



Clear relief from seasonal nasal allergy symptoms including nasal congestion.

Clear relief that won't make you drowsy. In studies, the incidence of drowsiness, 7%, was similar to placebo (sugar pill), 4%, at the recommended dose.

Clear relief for 24 hours with convenient *twice-a-day* dosing (every 12 hours).

Clear relief with a low occurrence of side effects.

Common side effects of CLARITIN®-D are sleeplessness, 16%, and dry mouth, 14% — the only two side effects that occurred more often with CLARITIN®-D than with placebo (sugar pill). Other side effects, including headache, sleepiness, and nervousness, occurred about as often as with placebo (sugar pill).

CLARITIN®-D contains pseudoephedrine sulfate, which also is in many over-the-counter (OTC) and prescription medications. Too much pseudoephedrine sulfate can cause nervousness, sleeplessness, dizziness, and other related side effects. Therefore, be sure to tell your health-care provider if you are taking any OTC or prescription medications, including decongestants.

There are some people who should not take CLARITIN®-D. Other people need to be especially careful using it. Therefore, be sure to tell your health-care provider if you have high blood pressure, heart disease, diabetes, glaucoma, thyroid or liver problems, or difficulty urinating, or if you are taking MAO inhibitors (prescription medicines that treat depression), or if you become pregnant or are nursing a baby. Also, CLARITIN®-D must not be chewed or broken.

Available by prescription only. Call 1-800-CLARITIN (1-800-252-7484) for a $5.00 coupon and important FREE information about relief from seasonal nasal allergies including nasal congestion.

Consult your doctor for important information concerning this product.

Twice-a-day

Claritin®-D

(loratadine 5 mg/pseudoephedrine sulfate, USP 120 mg)

Extended Release Tablets

Clear Relief

Please see adjacent page for additional important information.

Schering / NEW

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CD-0280/18532000 4/95 Printed in U.S.A.

Healthful Gifts

continued from page 64

MAKE YOUR KIDS SHINE AT NIGHT

Trim your children's coats, hats, and shoes with reflective tape from a sporting goods store.

HAVE A MEDICINE BALL

Build strength and have fun tossing around these soft, brightly colored medicine balls, available in 2-, 3-, 4-, 8-, and 10-pound sizes. The vinyl chip filling keeps weight evenly distributed. A video of exercises also is available. Prices range from $15 for a 2-pound ball to $45 for a 10-pound ball. Order through Ather Sports Clinic, 800/966-7504

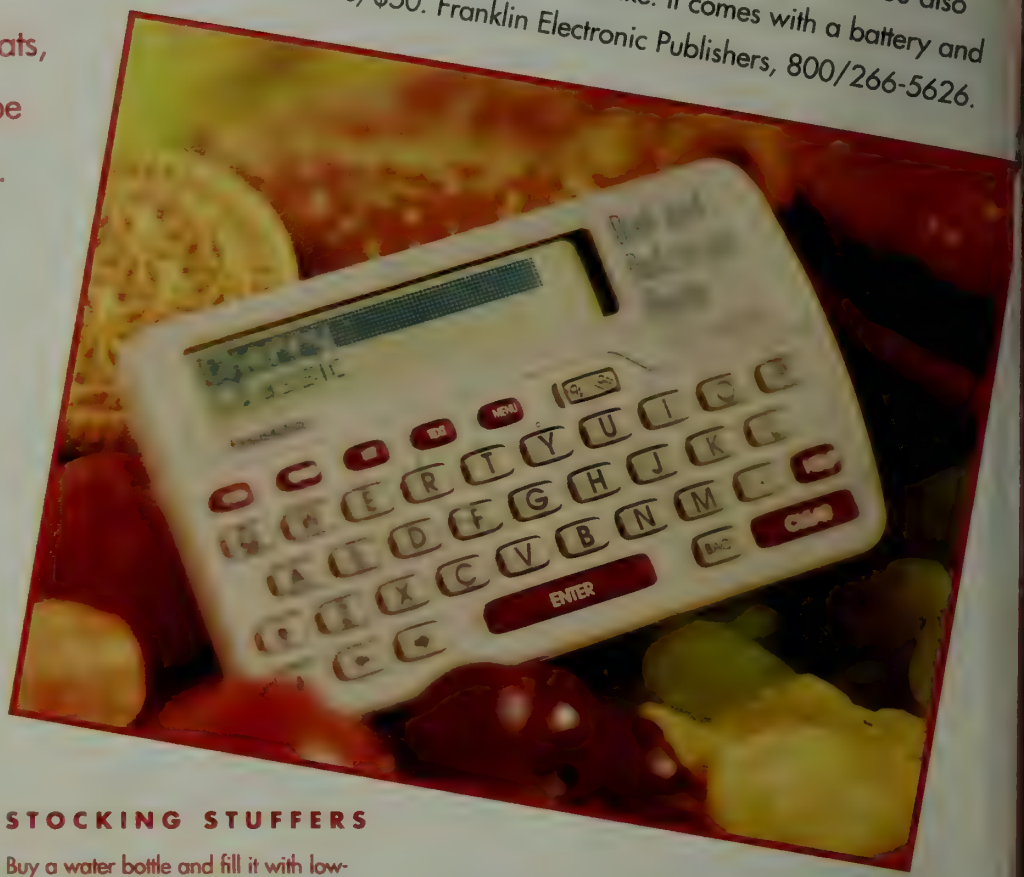


TOWEL

...ag with this ...absorb ...ater ...$12

Calling All Calorie Counters

With just the push of a finger, the credit-card-size Diet and Nutrition Guide delivers the calories, fat, saturated fat, calories from fat, carbohydrates, cholesterol, protein, sodium, and sugar counts of over 5,000 generic and brand-name foods. You also can track daily fat and calorie intake. It comes with a battery and folding case; $50. Franklin Electronic Publishers, 800/266-5626.

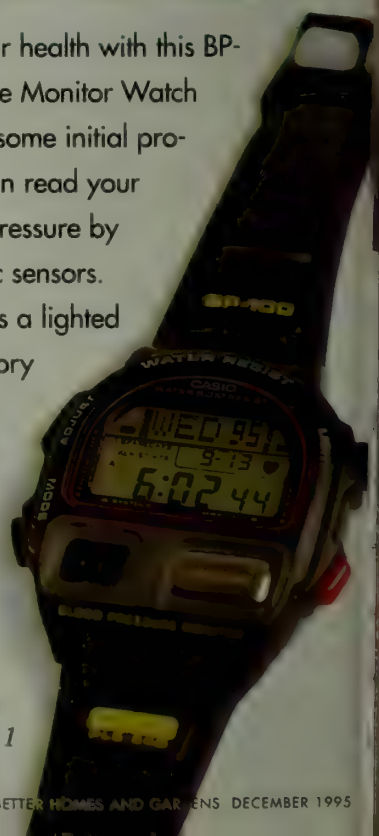


STOCKING STUFFERS

Buy a water bottle and fill it with low-fat trail mix or dried fruit...Make a car emergency kit with flares, a flashlight, and blanket...Buy an older person a universal TV remote control with large numbers.

A Watch for the Heart

Stay on top of your health with this BP-100 Blood Pressure Monitor Watch from Casio. After some initial programming, you can read your pulse and blood pressure by touching electronic sensors. The watch also has a lighted face and 30-memory capacity to record readings. Around $100. Available at most Rite Aid Pharmacies.



continued on page 71

Kotex introduces guaranteed protection.

The panty guaranteed to work perfectly when your pad or tampon doesn't.



Kotex® understands there are times even the st pad or tampon could use some help. So tex developed the Personals™ Protective Panty. rsonals fits you beautifully, and is completely posable. But, best all, Personals backs up your pad or tampon with its extra protection barrier. So you feel more safe and secure, even on your heaviest days. We guarantee it.* Try Kotex Personals. You won't know how you managed without it.

Kotex Understands®

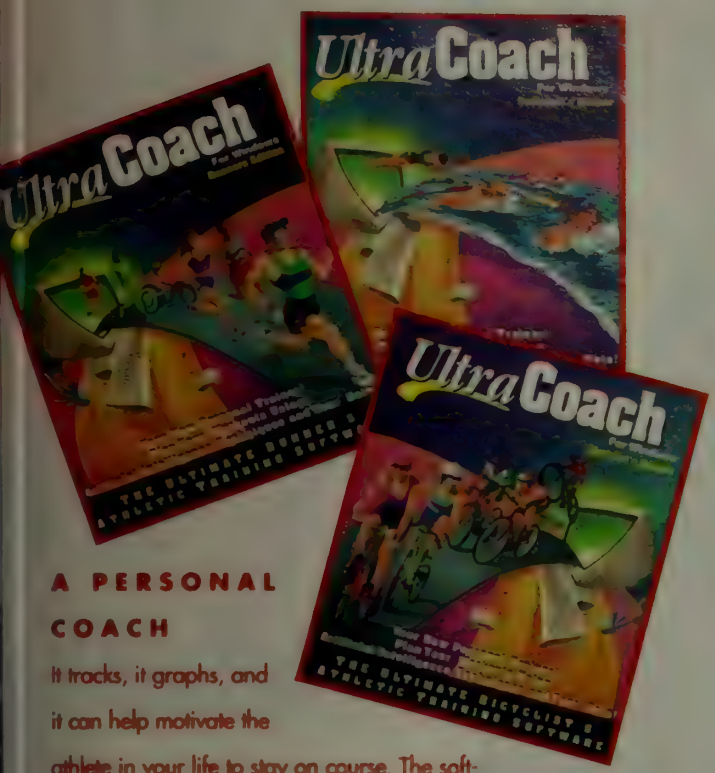
CALL 1-800-33-KOTEX TO TRY PERSONALS FREE.

**THE PERSONALS GUARANTEE:* If for any reason, you are not completely satisfied with the protection of Personals, send the Personals box top (marked with purchase price) with your name, address and a brief explanation to Personals Guarantee, P.O. Box 9040, St. Cloud, MN 56398-9040. We will refund your full purchase price.


Your child has a cold.
Sore throat, and a cough.
EASY OPEN – RESEALABLE BAG
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HALLS JUNIORS
GRAPE
SugarFree
NO PRESERVATIVES
SPECIALLY FORMULATED AND SIZED FOR KIDS
NO ARTIFICIAL FLAVORS
MENTHOL / COUGH SUPPRESSANT
VAPOR ACTION
EASY OPEN – RESEALABLE BAG
NEW
HALLS JUNIORS
ORANGE
SugarFree
NO PRESERVATIVES
KIDS
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VAPOR ACTION
Here's something NEW. The only cough drop just for KIDS.
Sugar-free with a kid-sized dosage of HALLS® VAPOR ACTION.
He feels better.
You feel better.

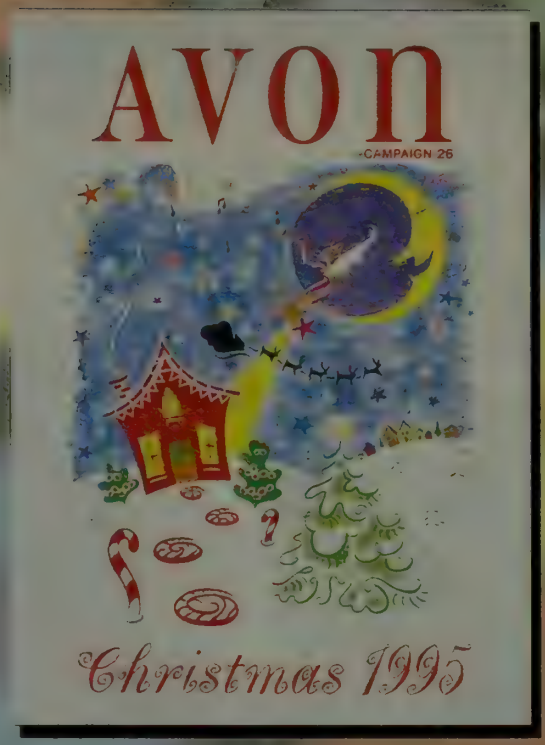
Healthful Holiday Gifts

continued from page 68



A PERSONAL COACH

It tracks, it graphs, and it can help motivate the athlete in your life to stay on course. The software, developed by a doctor/triathlete, uses artificial intelligence techniques to help you run, swim, or bike more efficiently. For Windows. Each sells for $20. *UltraCoach*, 800/400-1390.



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When it's getting down to the wire, and you need quality gift items at the right price, give Avon a call! We have a fabulous selection of cosmetic and fragrance gift sets, home decor, kids' toys and gifts, seasonal apparel, CDs, movies, and more! And, Avon delivers right to your door! Call your Avon Representative or for a free catalog, call 1-800-FOR-AVON.

Save Those Teeth

Shock Doctor mouthguards are making safety cool for kids. These self-described "shock absorbers for your brain" have a patented cushioning that can help prevent concussions. They come in three sizes you custom fit by boiling them. These folks are so sure their mouthguards work, they offer a $7,500 dental warranty. Costs $15–20; carrying case included. E-Z GARD Industries, 800/233-6957.

PROTECT WRISTS

Make the computer lovers on your list more comfortable with these wrist rests. They come plain or with a 1996 calendar in eight colors. A matching mousepad lists U.S. and Canadian area codes and time zones. Wrist rests are $8; mousepads, $5. Heartland Computer Products, 800/772-2368.



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The package makes a beautiful first impression.
The fresh floral scent
makes a beautiful lasting impression.













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on any purchase of $10.00 or more from the L'Effleur Collection.

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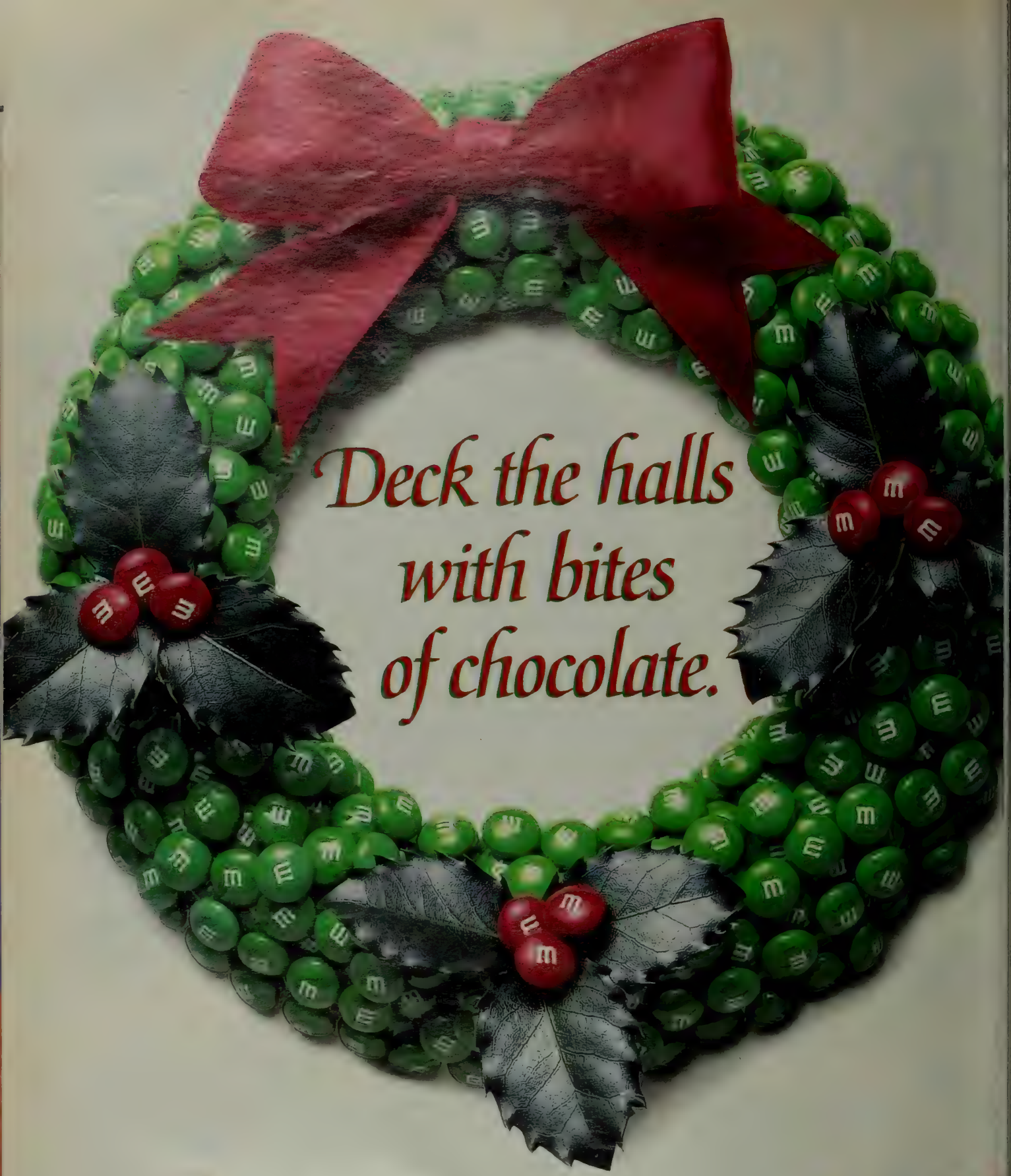
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'Tis the season for your family to enjoy the holiday tradition that tastes as great as it looks: "M&M's"® Chocolate Candies for the Holidays. Deliciously rich milk chocolate, all dressed up in bright red and green. They're irresistible. Merry chocolate to you and yours. Fa la la la la, la la la la.





"The Milk Chocolate Melts In Your Mouth–Not In Your Hand."®

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O Christmas tree

The perfect tree—whether plucked from the mountainside or the corner lot—stands tall as the center of Christmas memories. Come join us as we trim our family tree with the love of nature.

PHOTOGRAPHS JOHN KANE TEXT JIANN SEVERSON





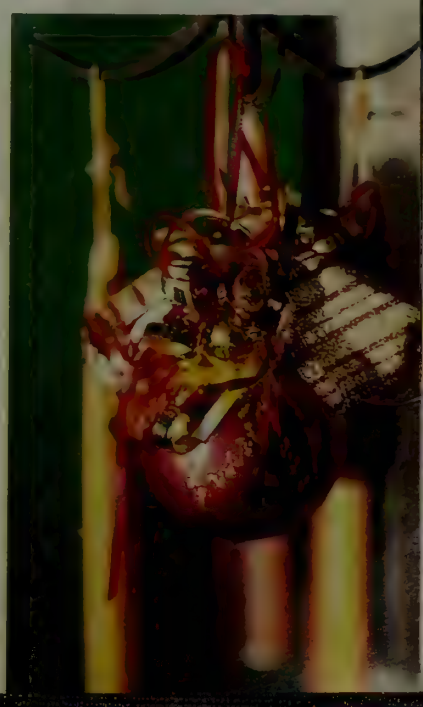
O Christmas tree

Shiny glass icicles and a chandelier's prisms drip from a tree that proudly wears the remnants of fall—sycamore leaves burnished with a kiss of color. Ornaments both old and new join purchased chip-wood balls to spread touches of red and gold through the tree's light-filled branches. For best results, gather your leaves in the peak of autumn when their colors are most vibrant, then stack them flatly. Let them dry naturally in a cool, dark place for several weeks, turning them over often. When tree-trimming day finally comes, simply wedge the leaves between the tree's boughs, letting tiny white lights gently illuminate them from behind. To make the leaves last from year to year, treat them with glycerin (found at most crafts stores) to temper their brittleness.

A rich-hued **GARLAND OF OAK LEAVES and filberts strung between beads carries the look of outdoors from the tree to the fireplace mantel.**



Pepper the **HOLIDAYS WITH SPICY COLORS AND FLAVORS. Cap an unassuming ornament, *right*, with a riot of ribbons, then paint glitter down the sides in a leaf motif. Instructions begin on *page 84*. As a snack for a gathering of tree trimmers, our Garden Cheddar Crock, *left*, waits at the sidelines. Recipe, see *page 168*.**





Mulled CIDER STEEPED IN SPICES warms the palates of crafters as they string the mantel's garlands. The drink base is fresh orange juice and cranberry-raspberry drink. Recipe, see *page 168.*

O *Christmas tree*



Handpainted BAUBLES DRESS [illegible] WITH [illegible] FESTIVE STRIPES. Top each with [illegible] and other holiday trims. [illegible] *page 85.*



Sparkling prisms SALVAGED FROM AN old chandelier come back to life and dance gaily on the tree's branches. A sheer gold bow tops each prism, its tails framing the vintage glass.

Translucent LEAVES, [illegible] and ornaments [illegible] bles adorn a tree [illegible] look of winter.



A circle of ROSE HIPS LASHED TO A TWIG wreath base, *above*, frames a slim candle. It's today's elegant version of yesterday's floral candle ring. For safety's sake, keep an eye on the candle at all times, making sure the flame stays well away from the wreath, and never leave the flame unattended.

Ground cherries FLOAT LIKE FUZZY little balloons on a delicate wreath, *right*, made of twigs, chestnut leaves, and the berries of night-blooming jasmine. It's a welcome addition to the traditional evergreen circles that appear every holiday season. To make both wreaths, see the instructions on *page 84*.

O Christmas tree

Crystal **PRISMS LINE UP** like shiny toy soldiers for the next project—a swag of sparkles and ribbon. Look for old baubles at antiques shops, or find reproductions at stores that sell lamps or beads and trims.

A folk-art **ANGEL WITH A LOPSIDED** heart and a sweet, simple face, *below*, is new to the tree this year, but she's sure to become one of tomorrow's heirlooms. Buying information, see *page 199*.







O *Christmas tree*

Our tree sets the tone for this year's holiday, with elements that mix the shimmer and shine of a clear frosty morning with the colors and shapes of nature—sparkling icicles and prisms, dried leaves, berries, pods, nuts, and embellished ornaments. The walk-in-the-woods feeling unfolds throughout the house in much the same way that the shades and textures of nature cycle and evolve.

For your own natural harvest, gather up your pieces of the outdoors when they're at their peak of color and freshness. For flat items, such as leaves and the rose hip wreath, stack or lay them so they won't curl, then let them dry naturally. Most pods and berries dry best when hung upside down, tied into tight bundles by rubber bands. Even pinecones benefit from drying time and open a little more fully. All drying works best in a cool, dark area that's blessed with good ventilation.

Clusters of **PINECONES GLUED TO A FOAM ball join other bits of nature to create a warm and woodsy centerpiece. See the instructions on** ***page 84.***


SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.
She's gone to Capri and she's not coming back
Capri
Superslims
CAPRI

continued from page 82

HAZELNUT AND OAK-LEAF GARLAND

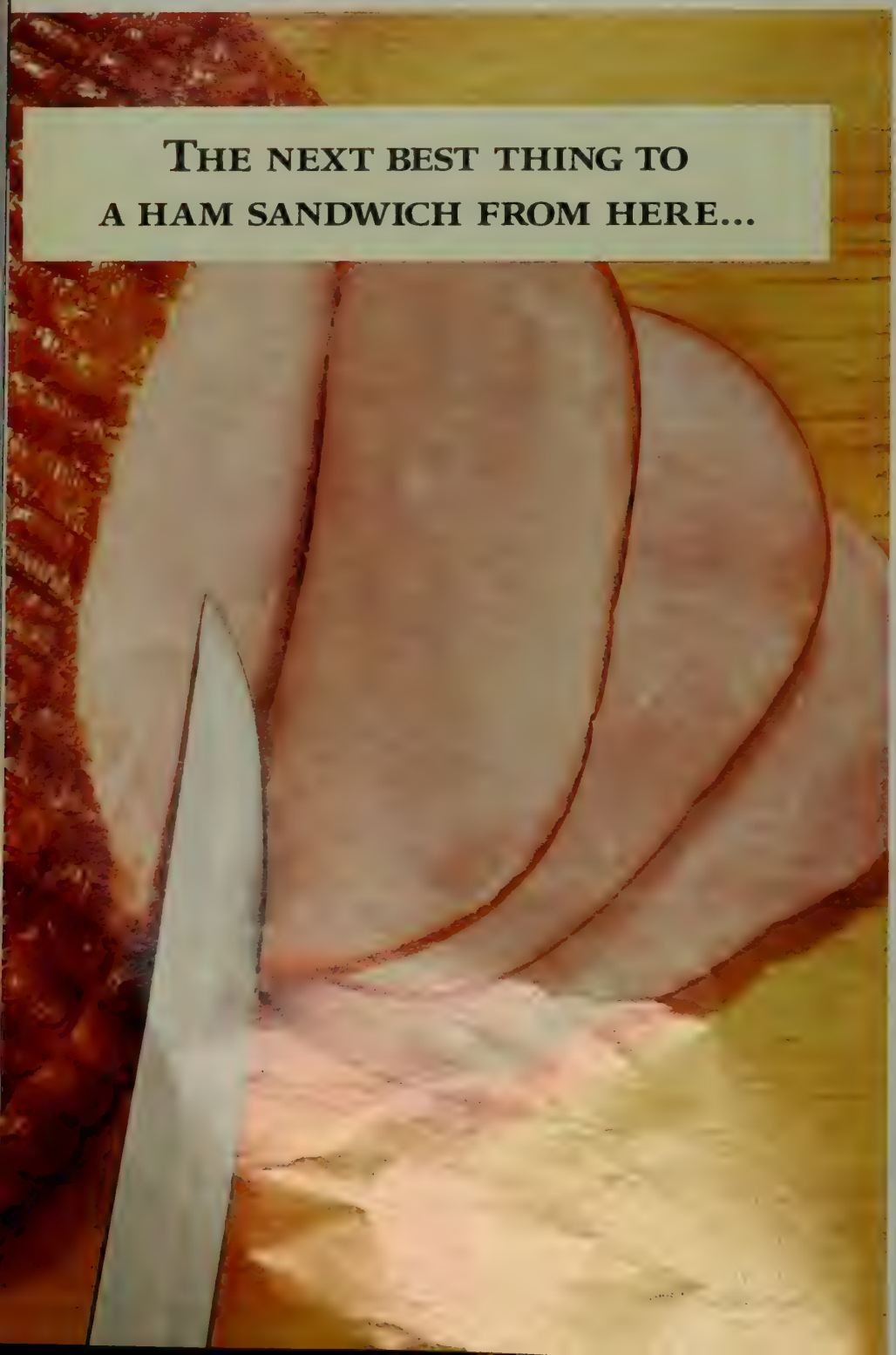
page 77

Materials for each foot of garland: 5 hazelnuts; 1 yd. heavy monofilament; 10 red wooden pony beads; 15 silver beads; 30 treated dried oak leaves; large-eye needle; drill press or drill and clamp to hold the hazelnuts. *Note:* The color of the hazelnuts will vary with location and time of the year. If you can't find red hazelnuts like the ones shown on *page 77*, use wood stain to give them a red color, or use them in their natural state. *Note:* The dried oak leaves we used came as clusters on a stem and had been treated to make them pliable. If you gather your own leaves, treat them with glycerine (available at craft stores) to prevent the leaves from crumbling.

Instructions: Place a hazelnut in the clamp and carefully drill a hole crosswise through the nut, one-third of the way down from one end. Repeat for the other nuts. Thread the materials onto a double thickness of monofilament in the following order: nut, red bead, silver bead, 2 leaves, silver bead, 2 leaves, silver bead, 2 leaves, red bead. Repeat until all the materials are used.

For the ends, string an extra red bead onto the monofilament. Bring the needle around the outside of the bead and back through the hole several times. (The monofilament will show on the outside of the bead.) Tie off the ends.

THE NEXT BEST THING TO A HAM SANDWICH FROM HERE...



PINECONE BALL

page 82

Materials: Plastic foam ball; brown acrylic spray paint; small pinecones; heavy clippers; hot-glue gun or panmelt adhesive (glue pot).

Instructions: Spray-paint the ball brown; let dry completely. Glue the stem end of the pinecones to the ball, wedging them tightly together so the ball does not show. If a pinecone is too large to fit in a space, trim it slightly with clippers. Keep adding pinecones until the ball is completely covered.

ROSE HIP WREATH

page 80

Materials: 2½-in.-diameter willow or twig wreath; 50–60 stems of rose hips or similar small berries, 2½–4 in. long; 2 yd. 20# monofilament; wire for hanging wreath; a hot-glue gun or a panmelt adhesive (glue pot).

Instructions: Tie the monofilament to the wreath, leaving a 6 in. tail. Place 1 or 2 stems of berries on the base and lash them in place. Continue until the wreath is covered. Tie off. Add a wire loop for hanging, if desired.

Let the wreath dry flat for several days. If berries dry and shrink, tuck more berries under monofilament. To fill in spare spots, glue additional berries to the wreath.

GROUND CHERRY AND CHESTNUT-LEAF WREATH

page 80

Materials: Loosely twisted grapevine wreath, about 6 in. diameter; clippers; dried green chestnut leaves or similar leaves; dried green ground cherries; the dried seed head of night-blooming jasmine or similar berries; wire and ribbons for hanging; a hot-glue gun or a panmelt adhesive (glue pot).

Instructions: Carefully untwist and clip one round of grapevine from the wreath. Glue leaves to the base. Add ground cherries.

Using glue or wire, attach the remaining grape vine to the surface of the wreath, letting it hang freely over the leaves and ground cherries. If needed, attach more leaves.

Glue jasmine or other berries along the curve of the top wreath. Attach a wire and ribbons for hanging.

RIBBON-TRIMMED ORNAMENTS

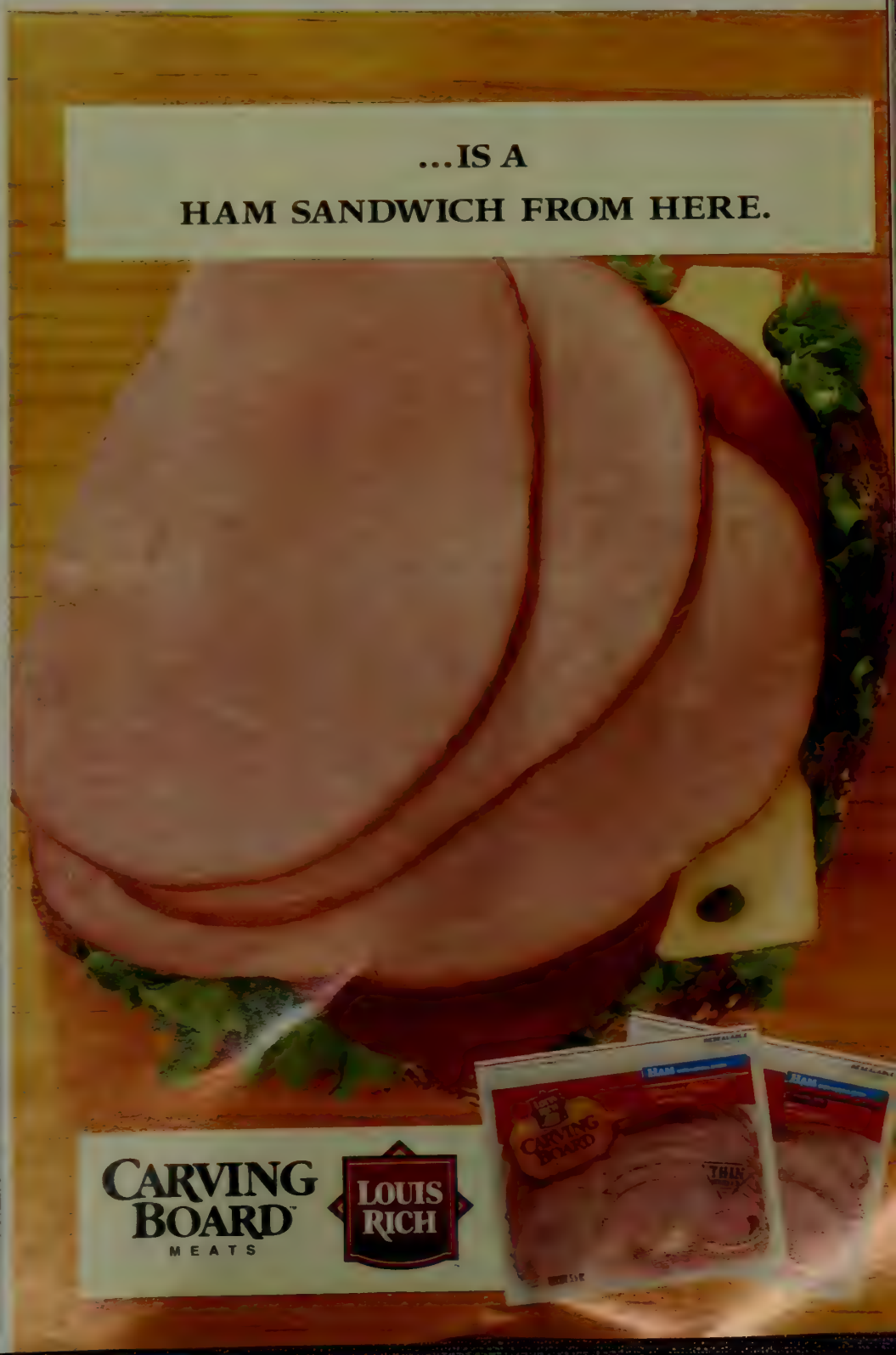
page 77

Materials for each ornament: Purchased plain or decorated glass or acrylic ornament; 1 yd. wire-edged or stiff ribbon, about 2–3 inches wide; 1 yd. each of 1 or 2 contrasting narrower ribbons; various smaller glass or acrylic balls; thin wire; dimensional glitter paint (optional); small beads; hot-glue gun.

Instructions: If the ornament is plain, add dots or other designs with glitter paint. Let them dry completely before hanging.

Tie or wire the ribbon into 2–6 large loops (size will vary with size of ornament and width of ribbon), leaving long tails. Loops can be formed separately or made all at once. Glue loops to top of ornament.

Shape smaller ribbons into loops and glue those to base of large ribbon loops. Glue small balls to the ribbons. If desired, use glitter paint as glue and add small beads to the bows and ornaments. *Note:* For a more natural look, substitute materials such as raffia, pinecones, dried flowers, and shells for the narrow ribbons and the small glass and acrylic ornaments.





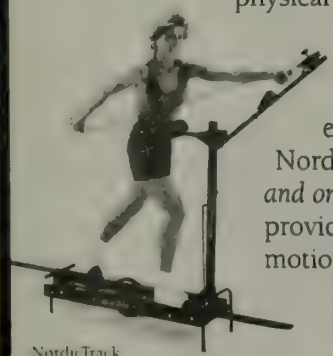
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READER SHOPPING

Miniature Mansion



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Recommended for youths age 12 and up or adult hobbyists, the kit offers a good balance of simplicity, design, and detail along with hours of fun.

Interior embellishments and furniture are not included.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, send a check or money order for $114.95 to *Better Homes and Gardens* Reader Shopping Service, Department 9512, Box 9128, Des Moines, IA 50306-9128. The price includes shipping, handling, and sales tax, if applicable.

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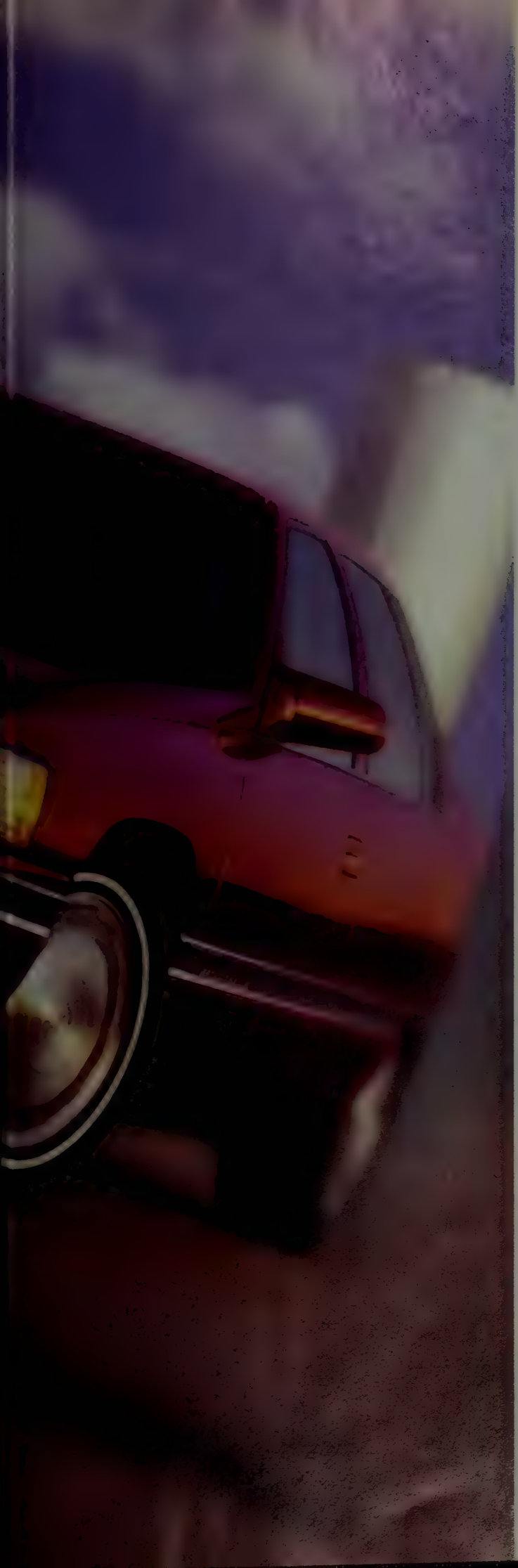
'Tis the season
For Silver
Small shrubs become miniature trees when they're trained to single stems. Here, a silver santolina rises 18 inches above its pot. This soft gem also comes in a spring green (*far left*). Both varieties have lavender-scented foliage.

Topiaries

Herald the holidays with more than evergreen boughs and poinsettias this year. Deck your halls with potted topiary plants. These shapely beauties capture the magic of the season, whether they're dressed in tinsel and ornaments or nestled among your favorite yuletide treasures.

By Tara A. Martens


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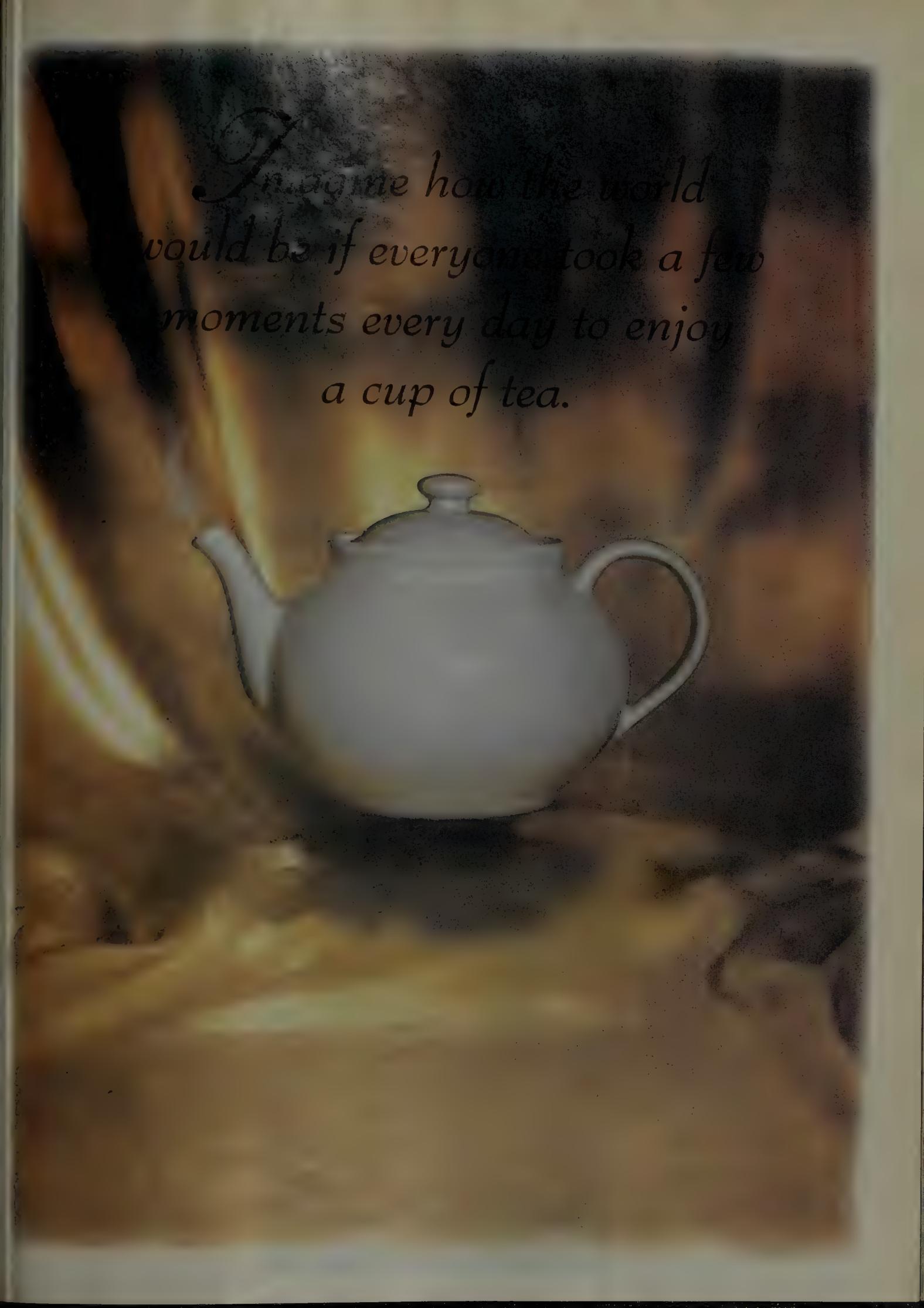
TOPIARIES

Start a new
TRADITION
Pair a miniature rose with pinecones to create a fragrant, natural tableau, *above*. Miniature roses bloom in ribbon candy shades and will stage a flower show all winter long when placed near a bright window.



O tiny
TANNENBAUM
For a refreshingly simple holiday tree, try miniature myrtle, *left*. It forms a graceful topiary perfect for dangling old-fashioned ornaments or candy canes. For leaves that look dusted with snow, buy variegated myrtle with white-edged leaves.

continued on page Z6


Imagine how the world
would be if everyone took a few
moments every day to enjoy
a cup of tea.



TOPIARIES

Trim a festive
CANDLE RING
Accent a holiday table with a deep green ivy topiary centerpiece, *above*. To make this living candelabra, twine ivy vines around a candle ring mounted on a stake. Add a merry touch by hanging ornaments from the candelabra frame.



Ring around a
WREATH
Rising from a small pot in a basket, ivy forms a living wreath, *left*. Under the leaves is a circle of wire. Let a few stems trail gracefully out of the basket, and adorn your ivy wreath with jingle bells, ribbons, mistletoe sprigs, or a jaunty gingerbread man.

continued on page Z9



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Celebrate the holidays by creating an ivy topiary. Ivy is readily available in garden centers year-round, and it quickly clambers along a frame. For fastest results, purchase an ivy hanging basket with roughly 20 stems that are 24 to 36 inches long. Transfer the plant to a container, and add the topiary frame. **1.** Wind the inner strands of ivy around the wire frame. **2.** Allow the outer stems of ivy to cascade over the edges of the pot. As new growth occurs at the tips of the strands, remove the leaves on the vines that form the "trunk" of the topiary. **3.** To keep your topiary lush and full, trim new growth frequently, never allowing shoots to exceed three inches. Ivy needs bright, indirect light for best growth.

TIPS FOR GROWING TOPIARIES

• **Getting started.** If you purchase mature plants, all you'll need to do is shape and trim them. Or, you can start with young plants and grow them until they're big enough to train.

• **Sculpt the shape.** For plants such as the santolina or rose, decide how tall you want your topiary to be. When the plant is tall enough, cut off most of the branches along the main stem, leaving enough on top for a good shape. To make a multi-trunked topiary such as the myrtle, leave a few branches on the main stem, then trim the stem and branches, leaving tufts of twigs and leaves on the ends.

• **Time to trim.** The most important step in caring for a topiary is regular pruning. Snip new growth before shoots exceed 3 inches. This promotes branching, which keeps the plant full. Be courageous; the more you cut back, the healthier your topiary will be.

• **Blooming topiaries.** You can train many flowering plants as topiaries. If fragrance ranks high on your list, create a topiary gardenia or stephanotis. Other blooming beauties to consider are scented geraniums, pineapple sage, hibiscus, lantana, azalea, or camellia. Herbs such as rosemary and sage also make wonderful topiaries.

• **For vines only.** You can find wire frames for vining plants at your local florist or garden center. A florist can also order unusual frames, such as the candelabra.

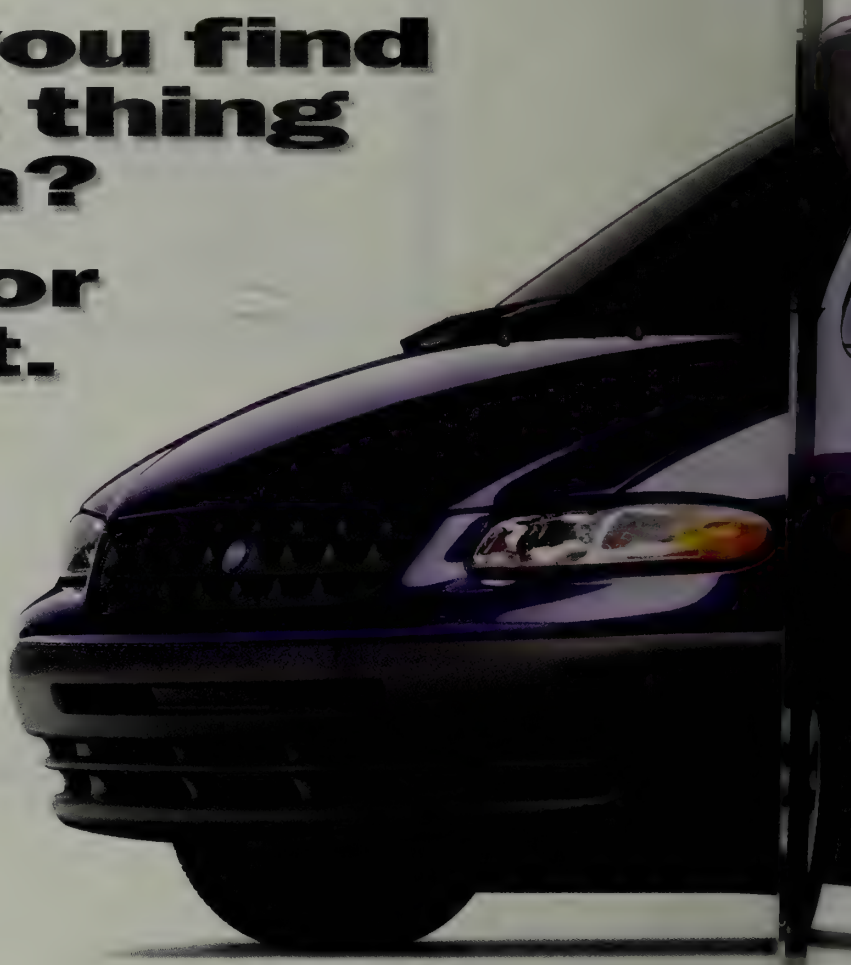
For mail-order suppliers of topiary plants, tools, and frames, see the Buying Guide on page Z12

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isn't what's new—but what isn't? ▪ For more information, see your local Chrysler and Plymouth dealer, call 1-800-PLYMOUTH, or visit Plymouth Place™ on the Internet's World Wide Web at http://www.plymouthcars.com.

Plymouth Grand Voyager

Buying Guide

Most of the products shown editorially in the *Better Homes and Gardens®* Better By Design Section can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.



TOPIARIES
Pages Z1–Z8: wire topiary forms—Topiary, Inc., 41 Bering St., Tampa, FL 33606. (For a free brochure send a SASE.) Flora & Fauna, P.O. Box 578, Gualala, CA 95445; 800/358-9120. **Clippers**—Gardener's Supply Company, 128 Intervale Road, Burlington, VT 05401; 802/660-3500. de Van Koek, Dutch Trader, 9400 Business Dr., Austin, TX 78758. Langenbach, Dept. L4700, P.O. Box 1140, El Segundo, CA 90245-6140; 800/362-1991.

PATINA FROM THE START
Pages Z16–Z20: Cabinets—Blue Valley Wood Products, 140 W. Vivian, Belton, MO 64012. **Cabinet pulls**—Locks & Pulls, Inc., 6990 W. 105th St., Overland Park, KS 66212. **Cabinet glass,** "English Fleming"—Overland Park Glass, 7932 Santa Fe Dr., Overland Park, KS 66204. **Sink and faucet**—Kohler Co., Kohler, WI 53044. **Microwave**—Whirlpool Corp., 2000 U.S. 33 North, Benton Harbor, MI 49022; 800/253-1301. **Dishwasher**—Jenn-Air Co., 3035 N. Shadeland Ave., Indianapolis, IN 46226; 800/536-6247. **Granite counter tiles**—Verde Scandinavia, C.A. International, Inc., 13524 W. 107th St., Overland Park, KS 66215. **Light fixtures**—Olde Theatre Architectural Salvage, 2045 Broadway, Kansas City, MO 64108. **Oak floors**—Acme Wood Floors, 10100 Marshall Dr., Lenexa, KS 66215. **Bar stools**—Jax Fixture and Supply Co., 200 W. Fifth St., Kansas City, MO 64105.

A DELICIOUS PAVILION
Pages Z22–Z24: Lights—CSL Lighting Mfg. Inc., 25070 Avenue Tibbetts, Valencia, CA 91355-3447; 800/257-4155. **Windows**—Hurd Millwork Co., Inc., 575 S. Whelen, Medford, WI 54451.

Architects & Designers

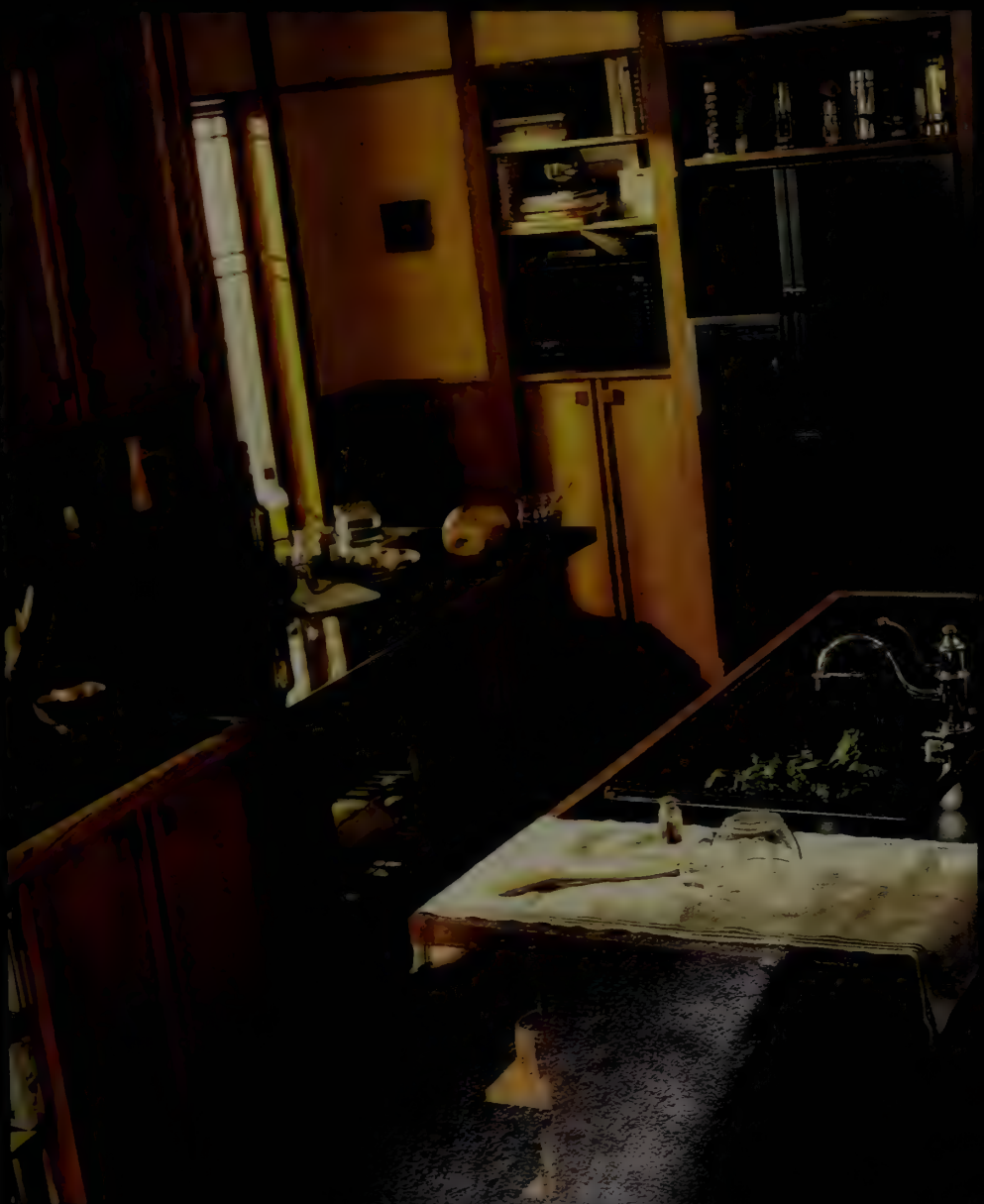
TOPIARIES
Pages Z1–Z8: Berry's Greenhouse Inc., 32 Summer St., Medway, MA 02053; 800/773-4392.

PATINA FROM THE START
Pages Z16–Z20: Architectural Designer—Charlotte Williams, 7 Linnaean St., Cambridge, MA 02138. **Builder**—Dale Pratt, Pratt Construction, P.O. Box 31, Raymore, MO 64083.

A DELICIOUS PAVILION
Pages Z22–Z24: Architect—John R. Mastera, 96 Main St., New Canaan, CT 06840.



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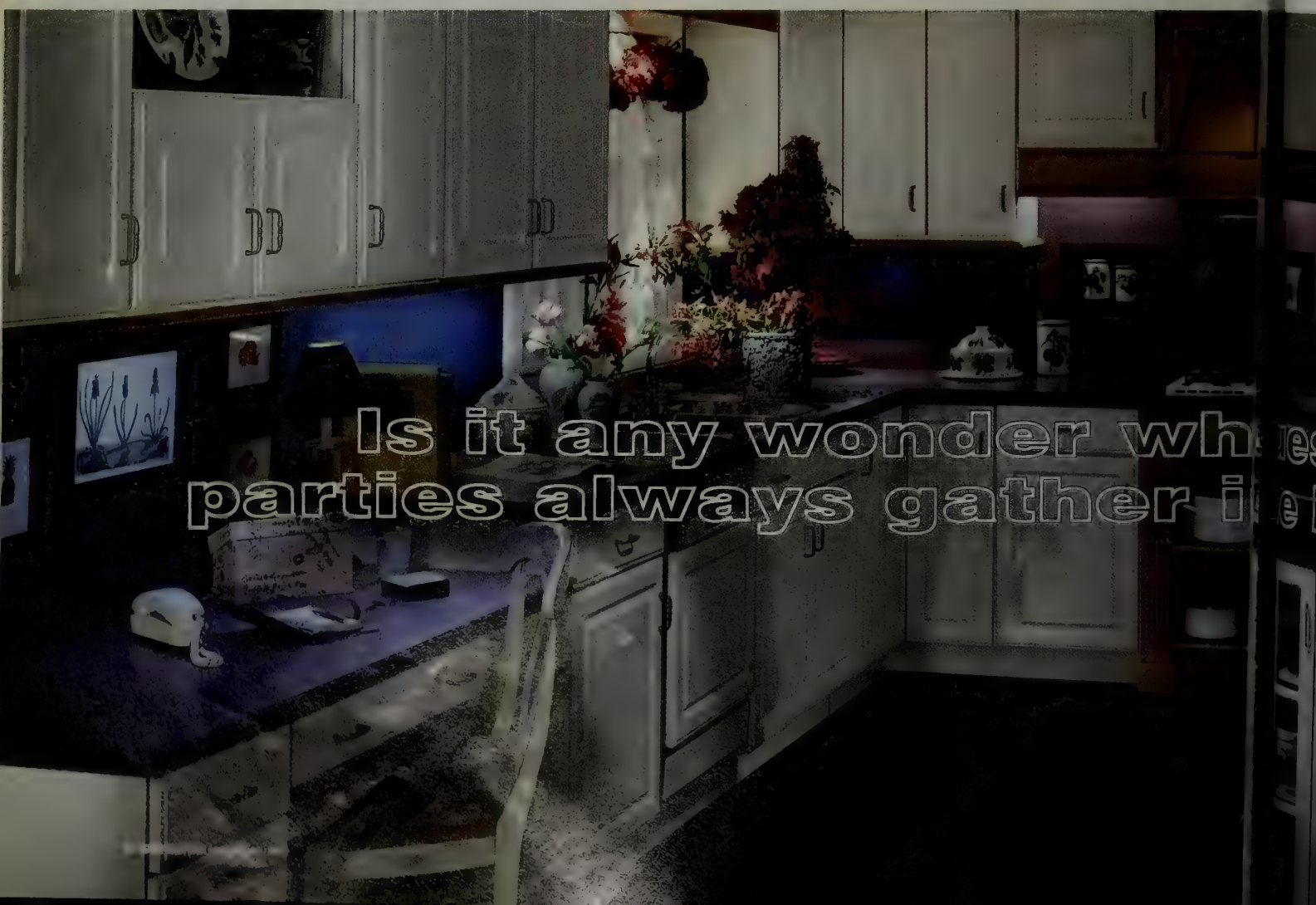
Making A Difference

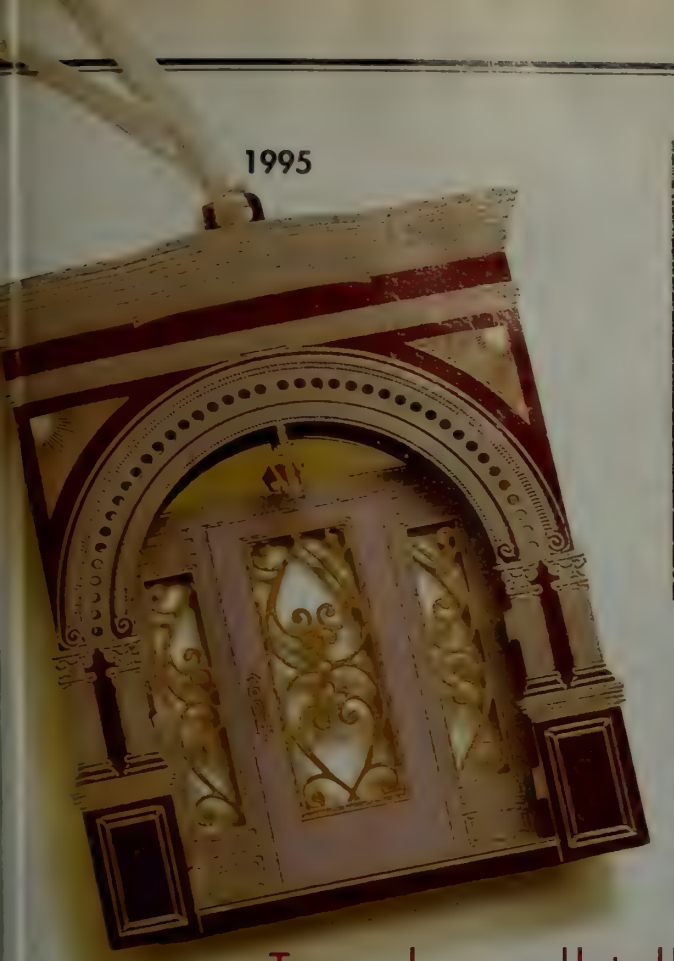
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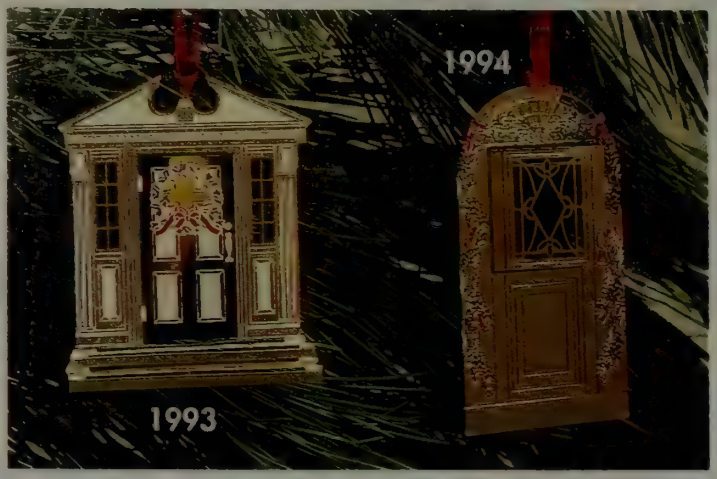
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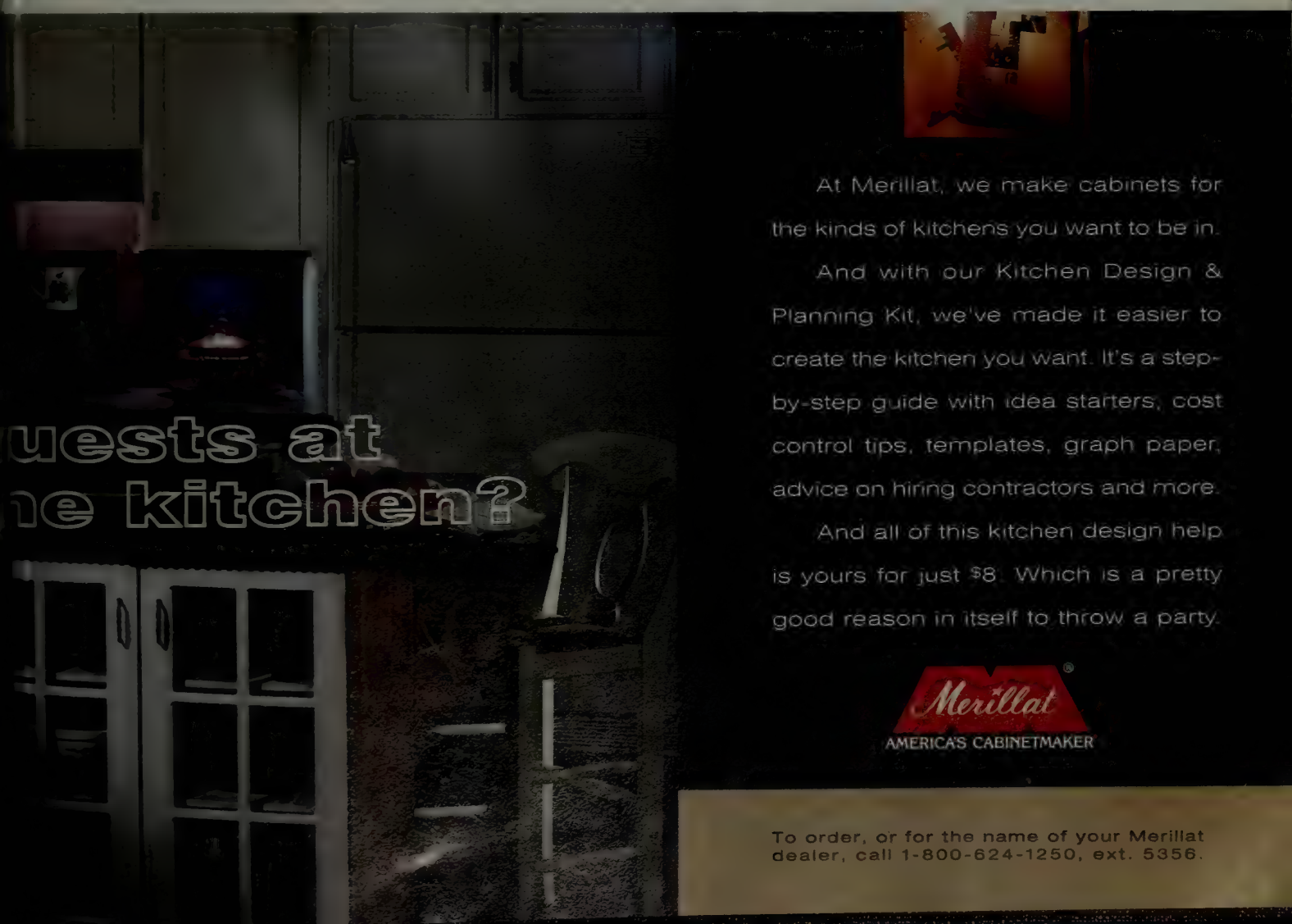




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patina from the start



When tastefully used, salvaged building materials offer high style at bargain prices. Brasserie lamps and glazed French doors, *above,* are secondhand goods. Another smart choice: The countertop of 12-inch granite tiles costs significantly less than solid stone.

Time does its work to give wood character, metal the aura of age, and stone a sense of softness. But Peg and Jim Donley didn't have to wait for their kitchen to acquire a patina. A major addition to their ranch-style home brought together old and new materials in a manner that transcends time.

continued on page Z18

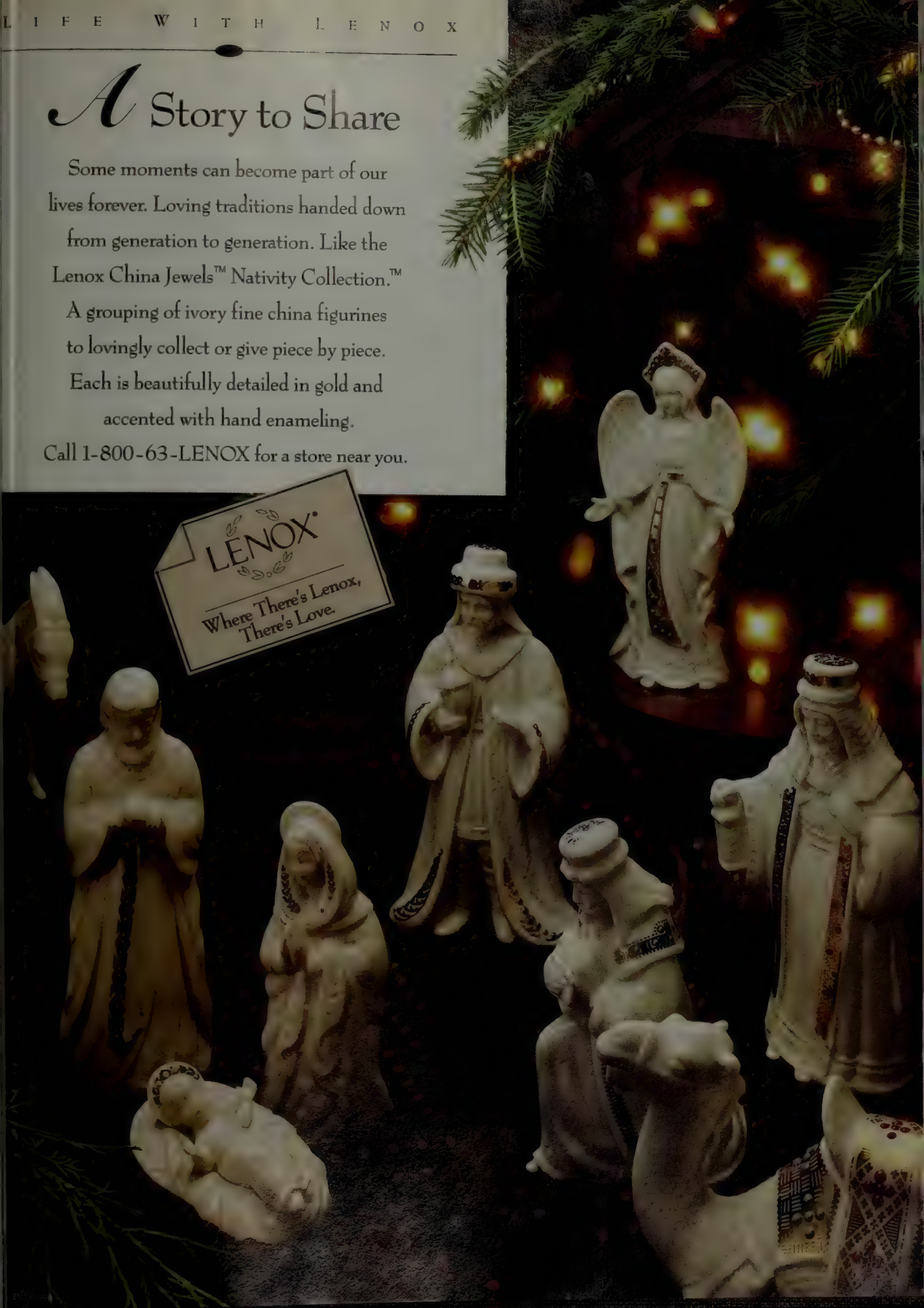


Peg Donley, *above right,* chats with her sister, architectural designer Charlotte Williams, who directed the remodeling.

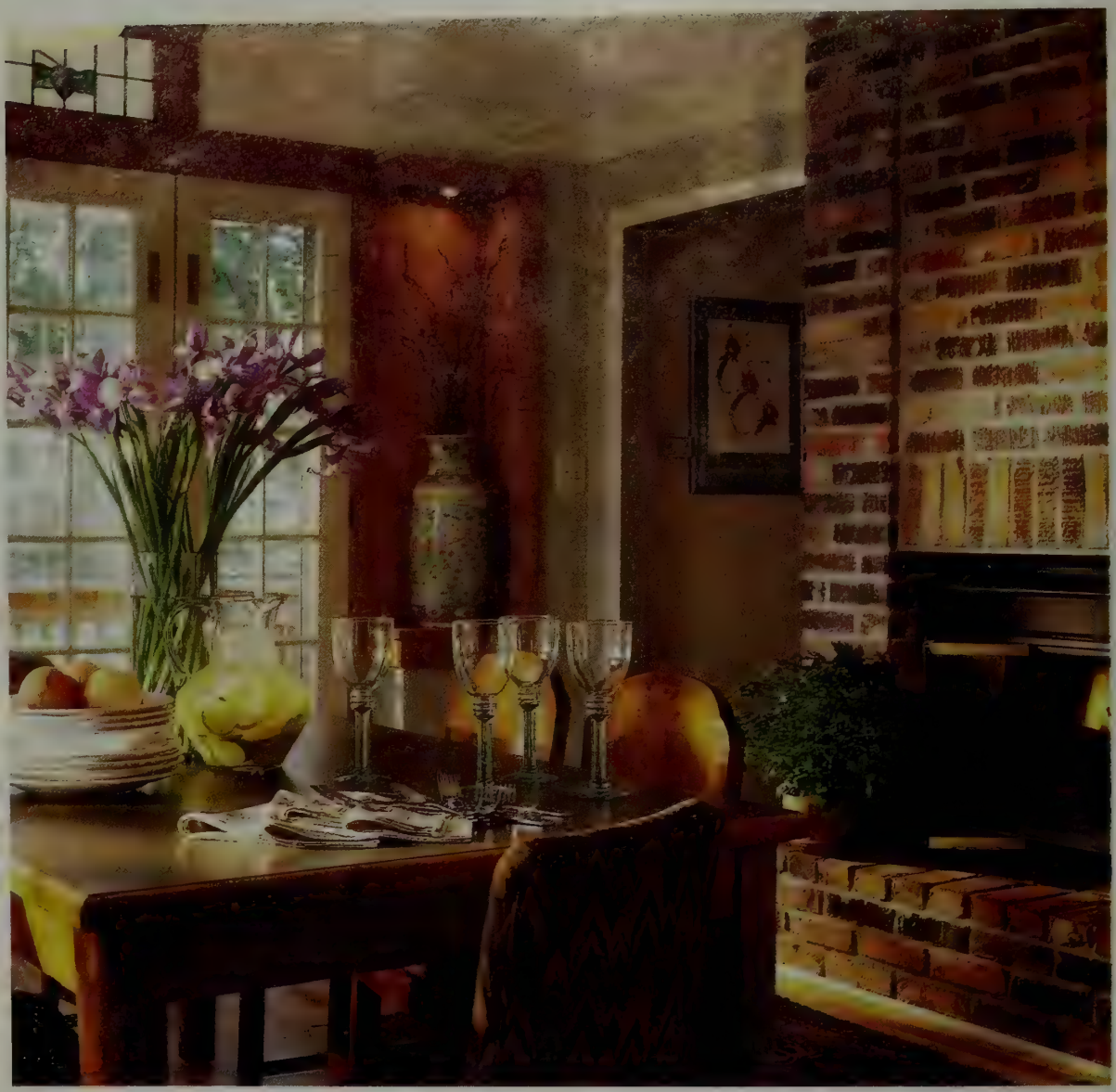
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patina from the start *continued from page Z16*

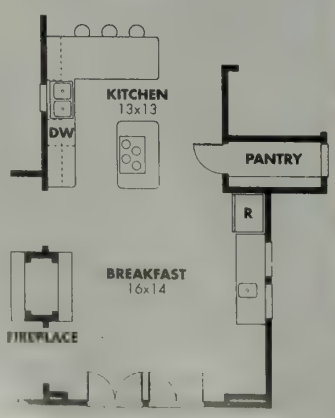


Peg requested that prominent display positions be designe for her two elegant vases. Charlotte perched them besid French doors, *left.* The family room is just around the corner of the fireplace.

Like many remodelers, the Donleys launched their project because of a cramped kitchen. Architectural designer Charlotte Williams' main concern was household traffic flow. Now, the enlarged kitchen, family room, and eating area are connected.

continued on page Z20

The addition housing the new kitchen, as shown on the floor plan *below,* was added at the rear of the house.





Before Peg and Jim were married they purchased this pair of stained glass windows, *above,* knowing someday they would have a spot needing just such a dash of color.



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Sometimes going to class requires more than a will to learn.

It requires permanent four-wheel drive, all-terrain ABS, and a 4.0-liter V8 engine. All of which have made the Land Rover Discovery quite popular for carpooling through the iciest corners of the United Kingdom.

It was also the first 4x4 to provide the reassuring comfort of dual airbags.

And with the reinforced strength of its 14-gauge steel chassis, side impact beams, and steel inner body cage, the Discovery is undoubtedly built to last. Perhaps even through graduate school.



LAND ROVER DISCOVERY $29,950*

At a price of $29,950,* the Discovery is also relatively inexpensive.

Especially for those who recognize the value of a good education.

So why not call 1-800-FINE 4WD for the dealer nearest you?

We must warn you, though.

Even with available seating for seven, only one person can truly appreciate the Discovery.

The rest have to go to school.

Always use your seatbelts. SRS/airbags alone do not provide sufficient protection.

patina from the start *continued from page Z18*



You can belly up to the bar for a fruit snack in the Donley home. Peg found the used copper stools, *left*, at a restaurant supply warehouse. Their shine returned after a weekend of vigorous stripping, rubbing, and polishing.

The Donleys' cabinet faces, *right*, positively glow on sunny mornings, proving that maple is a hardwood that can take a finish as well as it takes a knock. The doors were glazed with a slightly distorted Flemish glass.





Here's a false-front trick, *left*, for those who like an apothecary look but still need full-width drawers. The microwave is placed low for younger cooks.



THE HOLIDAYS ARE A TIME RICH WITH TRADITIONS AND TREASURES. And Pier 1 has gathered the best of them from around the world for your home. Velvet stockings, twinkling ornaments, radiant candles, festive gift wrapping. All the delights and surprises that make the season so merry and bright...awaiting you now at Pier 1.

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Better by Design

a delicious pavilion



The dining room ceiling is finished with maple bead board trimmed with oak. The ceiling panels taper into an octagonal skylight that is sealed against the weather.

When we want sunshine in a room, most of us are content with a few extra windows. But here is a design that reaches up and grabs the light. Creating an octagonal dining room takes some daring, but the results are a serene setting and panoramic views to the backyard.

continued on page Z24



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It's got a 31% larger tub opening and can wash over 33% bigger loads than previous GE washers. In fact, it has a greater capacity than any model in its class. And with our new sound reduction features, it's the quietest GE washer ever.

The new GE Profile™— a high performance machine that runs as smooth as a luxury coupe.

To find out more about the new GE Profile™ Washer call the GE Answer Center® at 1.800.626.2000 or visit a GE dealer. Take one out for a spin today.



Profile™

We bring good things to life.

a delicious pavilion *continued from page Z22*

This home was a most uninspired tract Colonial when architect John Mastera was called. He opened up dark rooms by stretching the rear of the house with an enlarged family room, kitchen, and dining room.



The pavilion-style dining room is located in the octagonal bump-out to the right of the patio trellis. The French doors open from the family room and allow breezes to glide in on summer nights.

ONLY ONE THING CAN MAKE IT SOUND CLEARER.



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VTECH


Fontana™
by Broyhill®



ABOVE: The Broyhill rustic Farm Table, $690, features aproned leaves that extend the table to a roomy 78-inch length. Interior lights, a mirrored back, and curio ends make the China Cabinet, $1625, a showcase for your favorite dinnerware. Also available are Ladderback Arm Chairs, $215 each, and Ladderback Side Chairs, $180 each.

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INSET: Sink comfortably into the oversized Chair-and-a-Half, $549-$599, with Matching Ottoman, $249-$299.* They coordinate beautifully with the plaid of the Sofa and Settee. Plus, the Ottoman can do double duty as added seating when company calls.*
**Upholstery pieces available in other fabrics. Prices vary with fabric and style.*

BELOW: Broyhill Adaptables®: Night Stand, $265, Twin Panel Headboard, $215, Five-Drawer Chest, $500, Desk Chair, $190, Student Desk, $415, Hutch Bookcase, $375, Corner Filler, $165, Single Dresser, $450, Bachelor's Chest, $275, and Vertical Mirror, $220.





Fontana

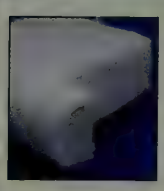
by Broyhill®

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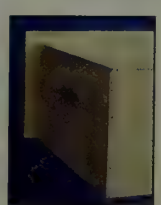
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For added strength, Broyhill incorporates dovetail joints on all Fontana drawers. Also, "positive stop" guides mean drawers will slide easily but not tilt or fall out accidentally when fully extended.





ABOVE: A unified earth-tone color scheme brings harmony to the rich textures, patterns and s in the den above. Fabrics on the Sofa, $899-$999; Loveseat, $849-$949*; and Chair, $599-$64 contrast beautifully with the light hues of the Square Cocktail Table, $300, Commode End Tab $240, and Home Theater. LEFT: Broyhill Home Theater holds a 35" TV and surround sound speakers with ample space for audio/video storage plus pocket doors which recess for TV viewing. Lower doors include your choice of wooden raised panel inserts or speaker cloth grilles. Specifically designed compartment allows up to four VCRs/game units above TV. Home Theater Left and Right Audio Units, $740 each. Center Entertainment Unit, $1525.*

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	Woodworks Furniture
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Eureka	Baker And Stanton
Fairfield	JC Penney
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Fresno	Fashion Furniture
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Hayward	JC Penney
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	Woodworks Furniture
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Santa Rosa	JC Penney
	Santa Rosa Bedding & Furniture
	Scandinavian Designs
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Turlock	Woods Furniture
Vacaville	Scandinavian Designs
	Shocks Furniture
Walnut Creek	Scandinavian Designs

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Bend	Andersch Home Furnishings
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Eugene	JC Penney
	Meier And Frank
Hermiston	Hermiston Fine Furniture
Hood River	Murrays Furniture
Medford	Joseph Winans Furniture
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Traditions of Christmas



Some Christmas traditions are older than Christianity itself. Others are as new as the one you'll initiate with your family this year. It doesn't matter what the tradition is. What's important is sharing a custom that will be meaningful to your loved ones for many holidays to come.

by

Barbara Hall Palar and Candace Ord Manroe

"Our kids are still in their Santa Claus years, but when they'r

The Gifts of Christmas

Giving gifts at Christmas is a ritual nearly 2,000 years old. According to legend, three Magi followed a star to Bethlehem carrying gifts of gold, frankincense, and myrrh for the newborn Jesus.

Early gifts exchanged in America included fruits, sweets, and nuts, as well as money or anything useful. Children were content with a modest toy or two.

All year long, the Wolf family tosses loose change into a cookie jar that sits on a kitchen shelf. At Christmastime, they take their coins to the bank, change them into bills, and give the money, anonymously, to a family in need. "A few years ago, when we were expecting our first child, Gary and I were feeling really lucky," says Janet Wolf (the rural midwestern family's name has been changed to preserve their



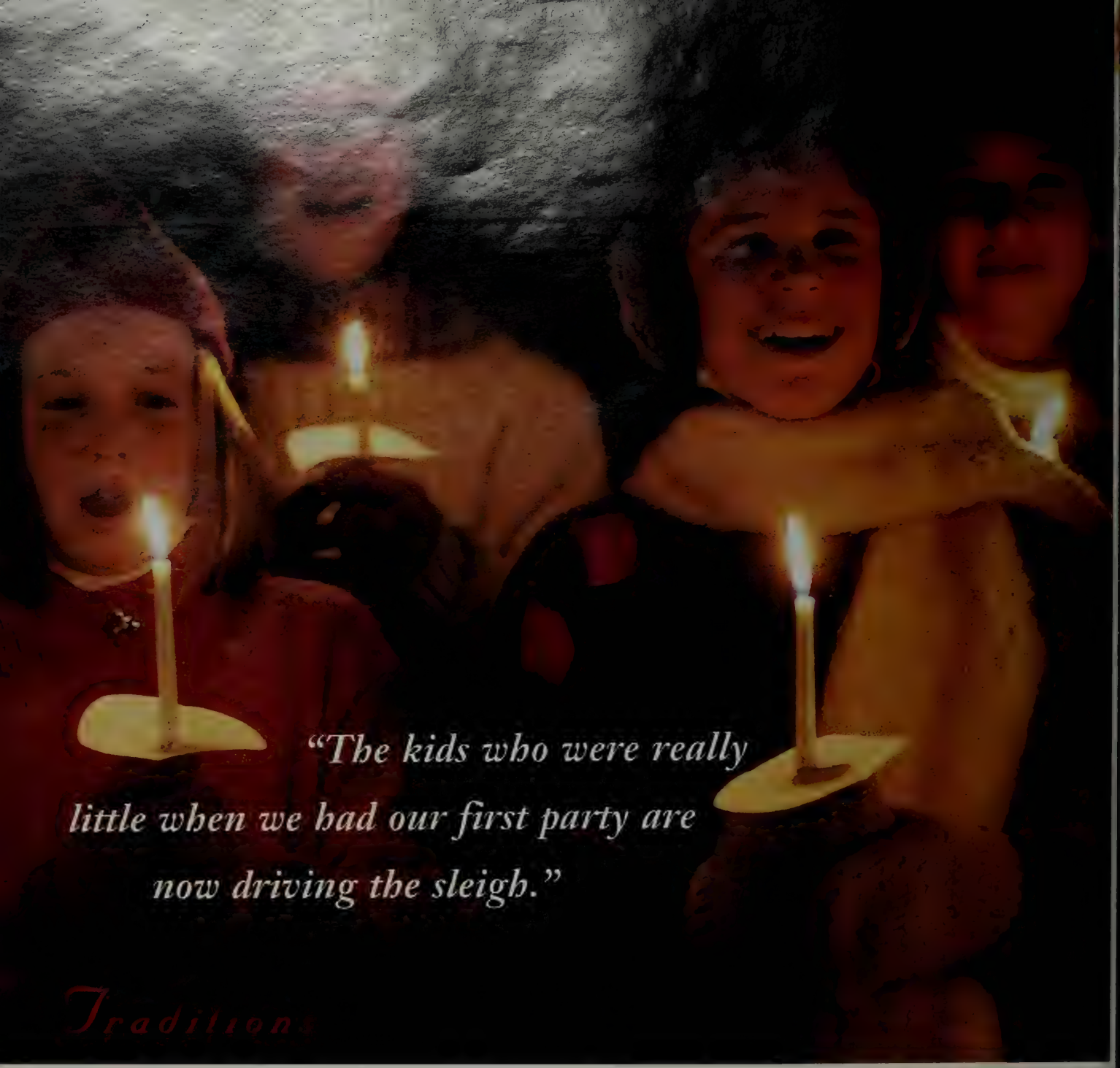
older, our tradition will help explain the concept to them."

anonymity). "We had this ugly cookie jar that we'd gotten as a wedding present, and we'd always put our loose change in it and used it for vacations. That year, we decided to take the money and give it to someone who needed it."

The Wolfs try to seek families who are only temporarily down on their luck. One year they chose a family whose child was going through cancer treatment. Another year it was a young couple who had filed for bankruptcy.

"Our kids are still in their Santa Claus years, but when they're older, our tradition will help explain the concept to them. We'll tell them, 'This is how you can be a Santa Claus. The most important thing is that you do it without expecting anything in return, or any recognition,'" says Janet.





THE SOUNDS *of Christmas*

The first carols proclaiming Christ's birth were performed around 1223, when St. Francis of Assisi reenacted the holy birth by staging the world's first Nativity scene. Those visiting the Italian crèche sang carols, and they have [illegible]

Neighbors of Iowa residents Jim Giles and Barbara Mack know they can count on Jim and Barbara to host a neighborhood party the Sunday afternoon before Christmas. While adults sing carols around the piano, Jim and Barbara treat the neighborhood kids to a tour around the block in a one-horse open sleigh. "This will be our seventh year doing the Christmas party," Barbara says. "The kids who were really little when we had our first party are now driving the sleigh." After the sleigh ride, the kids troop down to the basement for a giant cookie decorating gala.

"It's a fun opportunity to get together. We see our neighbors all summer long—if I'm out on my deck and I sneeze, my neighbor will say 'God bless you'—but we need to make those opportunities to see them in the cold winter months," says Barbara.

With a flash that recharges automatically, there's absolutely no reason to miss another precious holiday moment.



Bummer.

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Kodak FunSaver *Pocket One-Time-Use Camera*

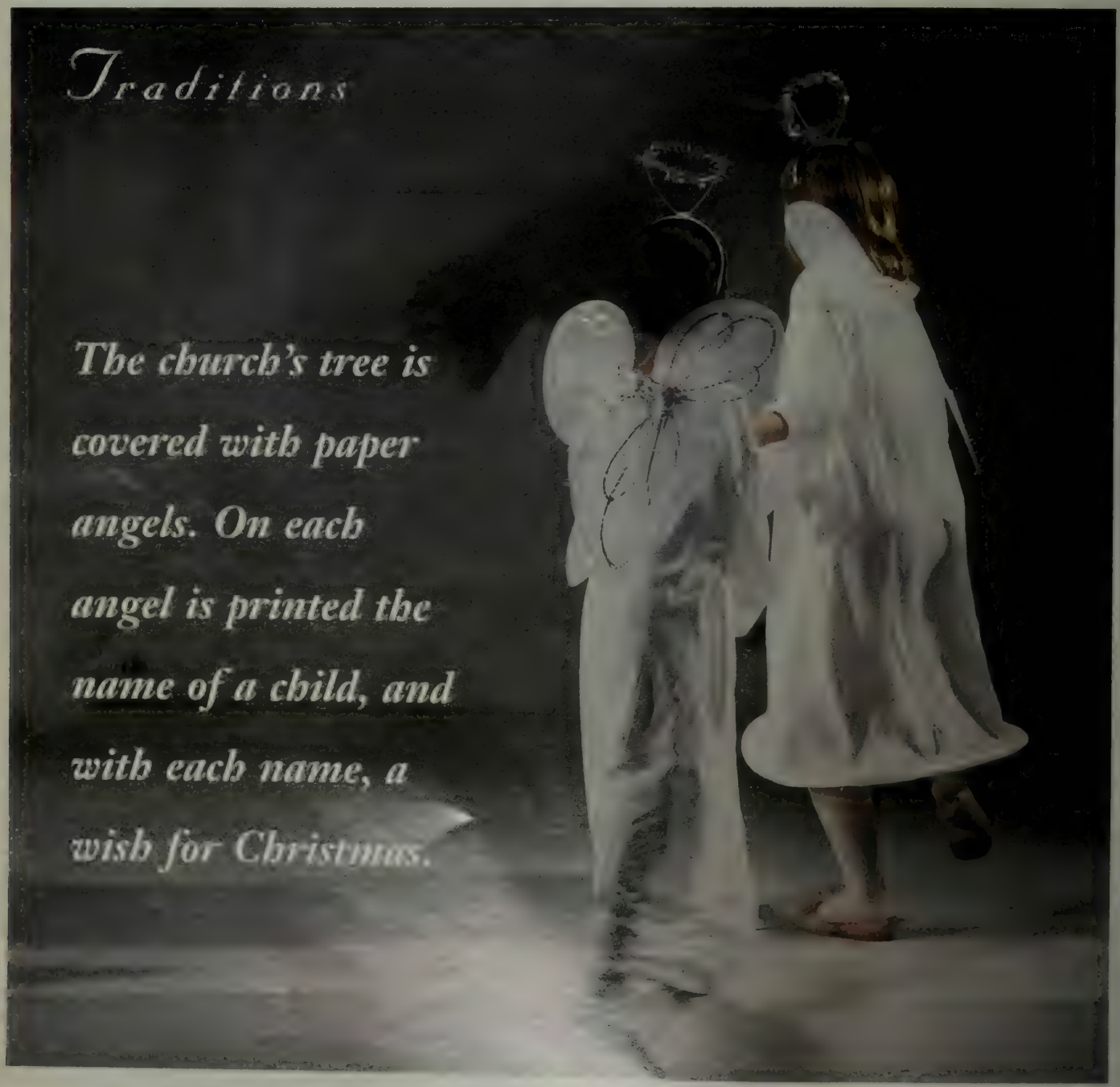


THE BEAUTY *of Christmas*

The first documented Christmas tree dates to 1605, in France, where residents trimmed fir trees with apples, gold foil, paper roses, sweets, and wafers.

Popular story credits Martin Luther as the first to trim a tree with candles, which to him represented the stars above Bethlehem on the night of Christ's birth.

In the foyer of St. John's Lutheran Church in Des Moines stands a little fir tree. From a distance, the tree appears white, not green. It is covered with paper angels. On each angel is printed the name of a child, and with each name, a wish for Christmas. A woman approaches the tree, pulls off an angel, holds it to her heart, then places it in her pocket. A wish will be granted. The children whose names appear on the Angel Tree have a common bond—they each have a parent in prison. One year a 12-year-old boy received his first sled. Another boy's only wish was a bicycle. It was delivered. As the angels disappear, one by one, the tree turns from white to green. A few weeks later, the little pine is surrounded by dozens of gaily wrapped gifts, each one guaranteed to coax a smile. ⌂



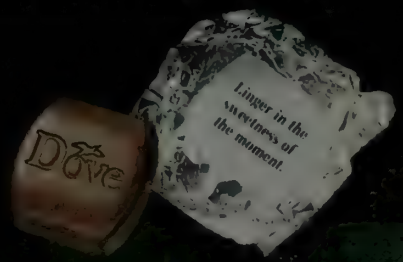
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All that GLITTERS

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A gold-leafed box veiled in white tulle and tied with a metallic bow is a keeper, whatever its contents. For that Midas touch on a budget, substitute gold wrapping paper or spray paint for the gold leaf.

PHOTOGRAPHS: JOHN KANE TEXT CANDACE ORD MANROE



Starry NIGHT—OR DAY

Spangled with embroidered gold stars, a silk chiffon tablecloth woven with sheer and opaque stripes befits a feast for a king—and a gathering of your favorite people. A lemon-leaf wreath blends in, with some of its leaves gold-leafed or tipped with spray paint and others left natural.

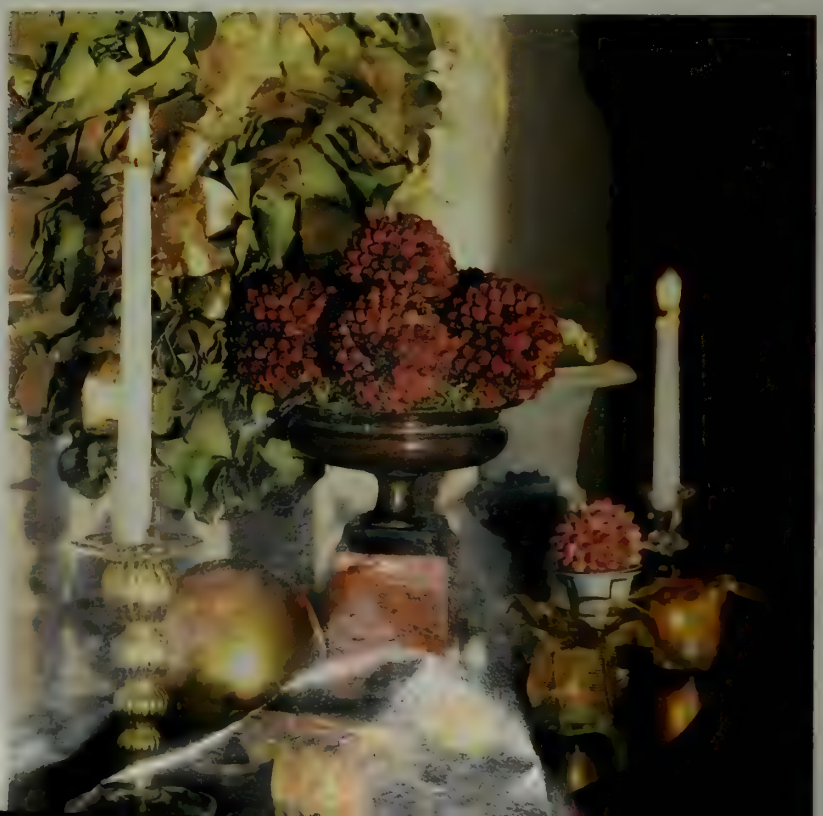


Midas **TOUCH**

Young and old alike can't wait to get their hands on these see-through stockings, as well as any goodies lurking inside. Instant heirlooms, the stockings are sewn from bronze, gold, and pewter transparent metallic fabrics.

All that GLITTERS

A refreshing alternative to red velvet bows and candy-stripe trimmings, gold adds refined presence and polish to more predictable holiday decorations. Like the Star in the East, golden decorations compel the eye to follow, so balance your own shining touches throughout the room. Here, glimmering garlands hang on the tree's branches, appear in a nest of packages tucked under its boughs, and then loop gracefully over the windows.



Tabletop
ARTISTRY

This grand entry table illustrates alchemy in action. Golden ideas include the lemon and gay-leaf wreath trimmed with gold flecks, golden urns filled with balls of rose hips and rosebuds, and gold-mesh votive candleholders.



DRESSED *to the Gift*

A tree trimmed in gold balls with crystal and gold bead garlands keeps good company with a window swag of gold-dipped magnolia leaves and freeze-dried roses tied in gold ribbon.



STAIRWAY *to Heaven*

With a gold Moravian star as its crown, this newel post, *right*, points the way upward, not only to the home's second floor but to the season's twinkling, night-sky glory. The richly carved wood sparkles with bundles of gold magnolia and holly leaves tied together with strands of soft gold mesh and stiff gold wire ribbon.

The GOLDEN MEAN

It's no coincidence that perfect balance in classical times was known as the golden mean. Classical harmony reigns in this entryway, *left*, with the golden urns, sphere, antique print frame, and moss dome with gold holly leaves wrapped in a web of fine gold thread.





All that GLITTERS

Golden THRONE

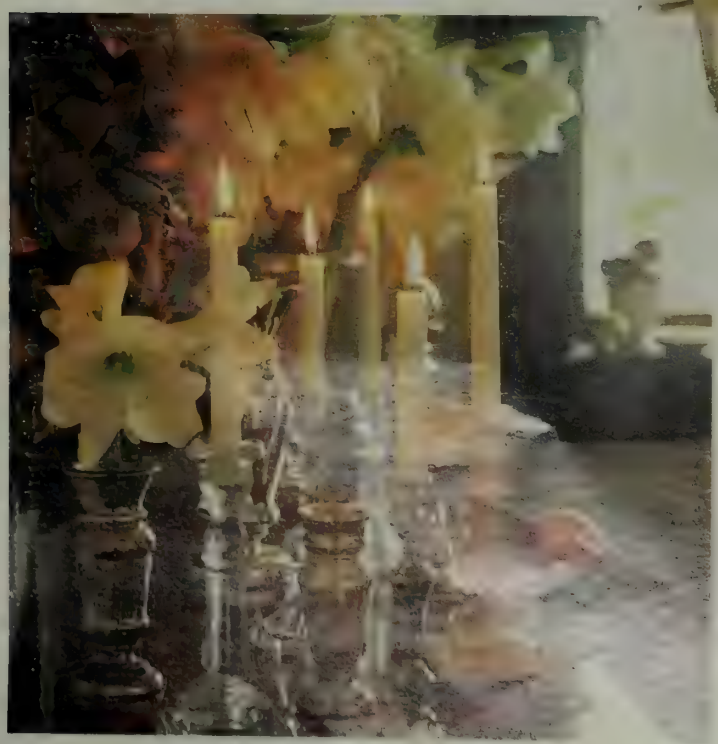
Create your own thrones for holiday guests by swaging gold magnolia leaves, holly, and freeze-dried roses from wire to chair backs, then tying them with gold mesh ribbon.

Buying information, page 199



Potpourri PILLOWS

Easy-to-make indulgences, these fragrant pillows of gold metallic fabric are filled with holiday potpourri consisting of cinnamon, orange peel, bayberry, and fir.



Natural GLOW

Turn mismatched candlesticks into a collection with mercury glass and glass balls for an inimitable flicker of moody holiday mystique.



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READER SHOPPING

Cards, Wraps, and Tags Kids Can Do

There seems to be a little extra love in a gift made by hand. And, when you wrap that gift (or any gift at all) using homemade paper and tags or add a homemade card, the hugs and kisses seem to multiply. The art of rubber stamping makes it easy!

Kids will have a ball with our **Stamping Starter Kit** offered by special arrangement with Rubber Stampede. Each kit contains four reusable stamps (candy cane, snowflake, and holly stamps plus a Merry Christmas roller stamp) and black, red, and green stamp pads. In addition, there are two 8×10-inch kraft-colored paper gift sacks, a set of six die-cut tree-shaped cards with envelopes, and a set of twelve die-cut ornament-shaped gift tags all ready to be stamped.



Plain construction paper, typing paper, grocery sacks, or the unwaxed side of freezer paper provide more at-home supplies for additional wraps, cards, and tags.

TO ORDER with your Mastercard, Visa, or American Express card, call 800/881-4066. To order by mail, send a check or money order for $24.95 to *Better Homes and Gardens* Reader Shopping Service, Department 9512, Box 9128, Des Moines, IA 50306-9128. The price includes shipping, handling, and sales tax, if applicable.

Child-Size Shaker Furniture



Use our plans and your lumber to build these three child-size pieces in the Shaker styling. Such great gifts are sure to become heirlooms.

This Shaker-style furniture is fun for you to build and even more fun for the kids and grandkids to play with. The Grandfather Clock (13×8×41 inches), Doll High Chair (9½×9½×23½ inches) and Wardrobe (26×12×36 inches) are easy to build from sturdy clear pine and will be cherished for years to come.

This *Better Homes and Gardens*® Project Plan is a professional-quality woodworkers' blueprint including a photograph, complete lists of materials (one for each of the three projects), full-size pattern pieces for all curved pieces, and clearly written instructions to take you step-by-step through each project.

TO ORDER the blueprints to build all three pieces, send check or money order for $14.95 to *BH&G* Reader Shopping Service, Dept. 50660, Box 9128, Des Moines IA, 50306-9128. Price includes shipping, handling, and sales tax, if applicable.




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sassy
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Smoke Contains Carbon Monoxide.

the colors of the season



The Christmas palette holds nature's hues of berry-red, ice-white, and evergreen—and more. It's also a sentimental scheme that colors the season with traditions, spirit, and special touches created by hand. Choose from these projects to enrich your own holiday celebration.

To order quilt patterns, see page 124

colors



Giving special attention to animals at Christmastime is a tradition that's colored our celebration for centuries. In the early 13th century, St. Francis of Assisi is said to have wished extra corn and hay for the animals in honor of the ones present at the Nativity. In the early 1900s, Germans placed corn on the roof to feed birds on Christmas Eve, and in Scandinavia, an unthreshed sheaf of grain was set on a pole. Today, while many of us put out seed for our outdoor friends during the winter months, in December it's fun to add a tree of extra-special treats to bring the festivities outside.

Natural GATHERINGS *from* OUTDOORS

Sometimes the sweetest decorations come from your own backyard. Here, an abandoned bird's nest snuggles among evergreen sprigs and holly to ornament a cozy corner.



Treats to
Welcome Winter Birds

Make these choice tidbits for your feathered friends. Staple ribbon into field corn and tie it to the branches. Dip bagel halves, lightly spread with peanut butter, into birdseed. Thread tree with cereal garlands.



Winter's
WOODLAND INSPIRATION

Covered in frosty trims, vine clippings, and a skirting of forced blooms, your tree can sparkle with natural harmony and reflect the season's magic—naturally.



Covered with Snow

Some of the prettiest decorations are also the simplest. Dip pinecones and balls into sunglow latex enamel, or sponge them with paint; hang from S-hooks, sprinkle with glitter, and allow to dry.

colors

Think of your tree as a painter's canvas, your ornaments as the oils. Then set the tone for the holidays as your decorated evergreen unfolds. For a masterpiece that's washed in memories, add a kaleidoscope of favorite ornaments—the ones you've lovingly gathered over the years. Or, using themed trims, create a more monochromatic and quiet composition, such as the woodland beauty on display here.



colors

For bright spirits, dip your imagination into the cheeriest ho-ho-ho hue, then splash it, in generous measure, onto all the lovely things you create by hand. Use red to embroider and frame a pillow, to craft a stocking still life, and to add dash to a landscape of evergreens.

A Tree of
CRYSTAL BEADS *and* **PINECONES**

Hot-glue two rows of hemlock pinecones around the base of a 14-inch-tall plastic-foam cone. Thread ½-inch crystal beads onto wire; twist ends around cone. Repeat pattern to tip of cone. Top with a 1-inch-wide pinecone.

Stockings the
COLOR *of*
CHRISTMAS

The fireplace needn't be the sole realm for stocking displays. Here, a doorpost serves as backdrop to this easy-sew pair. Cut from the same pattern, one is pieced and the other monogrammed. For instructions, see *page 125*. To order a book of cross-stitch alphabets, turn to *page 126*.





Fragrant
WINTER GREEN COMPOSITION

With color, scent, and texture, evergreens add holiday flavor to every corner and cranny. Get some fresh clippings and your creative juices flowing, then plant greens in crystal bowls, on the mantel, up the staircase, even into stocking tops. Holly, spruce, and bayberry make a pretty picture of the earthenware jug, *left*.

continued on page 118



YOU BETTER WATCH OUT.

If you want to eat, drink and stay merry this season, you better stock up on Pepto-Bismol Caplets. These easy-to-swallow little pills coat in seconds, to relieve food-related indigestion, upset stomach or diarrhea.

Pepto-Bismol Caplets



only as directed. © 1995 Procter & Gamble



Baubles of PINECONES *and* ROSEBUDS

For a quick holiday accent, serve up a platter of pinecones—some plain, others set with roses. To make one like ours, you'll need 250 hemlock pinecones and 12 dried rosebuds. Hot-glue one pinecone to a 4-inch plastic-foam ball; glue pinecones around it. Continue until ball is covered, adding roses as desired.

Portraits FRAMED *and signed* WITH A MONOGRAM

A gathering of family photos, custom-framed and monogrammed, extends cheery greetings to all your holiday visitors. Christmas balls and greens add extra seasoning. See *page 127* for how-to. To order a book of cross-stitch alphabets, see *page 126*.

colors

Holiday decorating doesn't have to be elaborate to color a home in yuletide spirit. The proof is in these simple projects. Daubed here and there, they touch any room with Christmasy warmth. No time for crafting? Then use the basic ideas, setting portraits and pinecones among greens and shiny baubles.

continued on page 120



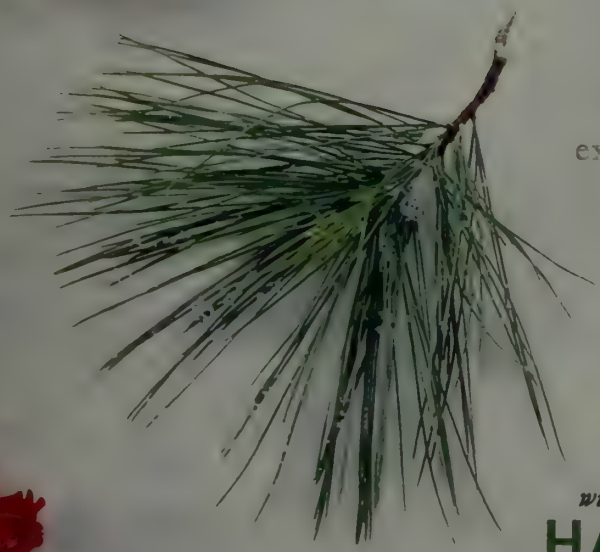
What if there were no Santa?



Would Christmas come to an end? Would we give up giving to each other? Would we stop feeling that warm familiar surge of hope each year?

a mum means
HOPE

Christmas is about much more than Santa. That's why at FTD® each flower expresses an emotion, and every bouquet tells a story. Like the need to be with the people you love. To touch base, knowing they feel just the same.



winter greens mean
HARMONY

And don't you always wonder, as the world stops for a day to celebrate the joy of life, if one day is really enough?



a carnation means
JOY

Show what you feel with one of the Holiday Bouquets from the FTD Expressions Collection™. See your local FTD florist or call 1-800-FTD-[illegible].

And send the real message of Christmas.



FTD *The language of the heart.*

"Winter-Glow" Bouquet

©1995 FTD



Wreath of
BIRCH *and*
DRIED APPLES

For wreath, cut 1½-inch-wide birch branches into twelve 2-inch chunks. Drill ¼-inch hole through center of birch chunks. Thread birch and dried apple slices onto length of ¼-inch-wide reed; glue reed ends into first birch chunk. Add a bow.

Icicles
ETCHED *into a*
WINDOW VIEW

Like slender gleaming icicles, this trio of crystal-clear ornaments, suspended with ribbon, plays up the frosty beauty of a glistening winter view. For more information, turn to the Buying Guide on *page 199.*

colors





Starry
YULETIDE
POINSETTIAS

Amassed on a tiered flower stand, several poinsettias set a corner aglow. Known as the "flower of the Nativity" in its native Mexico, the poinsettia is loved in America, too, because its flower resembles the star of Bethlehem.

continued on page 122


SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.
SOFT PACK
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CARLTON IS LOWEST
U.S. Gov't Test Method confirms of all king soft packs: Carlton is lowest in tar and nicotine.
Carlton is lowest
Kings: 1 mg
Less than 0.5 mg. "tar", less than 0.05 mg nicotine av. per cigarette by FTC method

continued from page 120

colors



Pillow in
RUFFLES *and*
REDWORK

The perfect embroidered touch for Christmas, this redwork design brings seasonal flowers to bloom on a piped and ruffled pillow. Instructions are on the next page. To order an iron-on transfer pattern, see *page 124*.

1995 Hershey Foods Corporation



"I like to give each piece a chance."
(Jamie Bell, Student)

THERE'S
NO WRONG WAY
TO EAT A
Reese's
PEANUT BUTTER CUPS

CHRISTMAS BOUQUET REDWORK PILLOW

page 122

Finished size, including ruffle, is approximately 21×24 inches.

Materials: 18×24-inch rectangle of white cotton fabric; ½ yard of red-and-white gingham fabric (piping); 1 yard of 45-inch-wide red evenweave fabric (backing, ruffle); 2⅛ yards of ¼-inch-diameter cording; embroidery hoop; embroidery needle; red embroidery floss; water-soluble fabric marker; graph paper; polyester fiberfill.

Instructions: Draw a 16×20-inch rectangle onto fabric using the water-soluble fabric marker. Enlarge pattern, *below*, onto graph paper. Tape fabric, centered, atop pattern, then trace design onto fabric with the fabric marker.

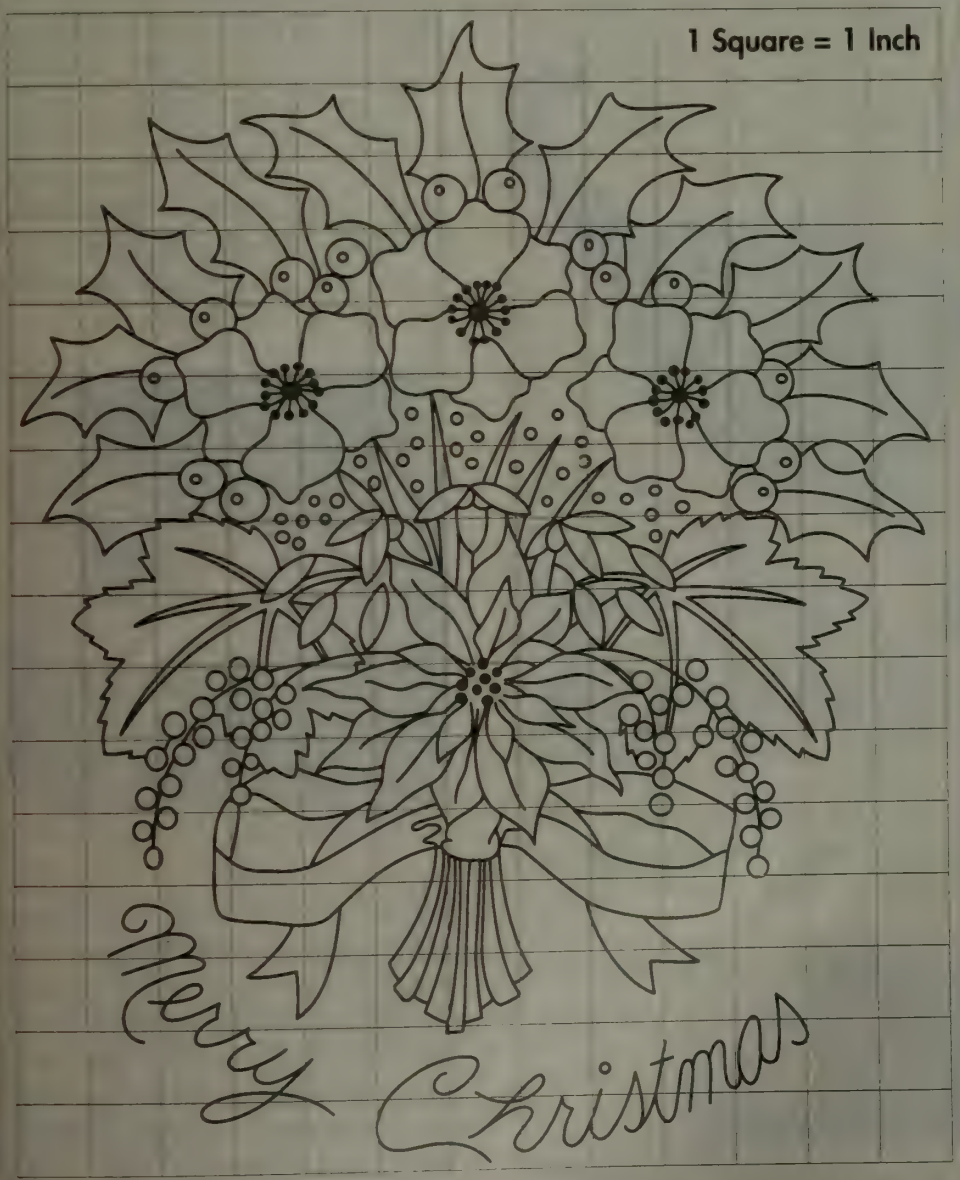
Using three strands of red floss, embroider entire design with outline stitches, except work French knots in center of poinsettia and roses, referring to photograph. Trim piece to drawn rectangle and press.

For ruffle, cut three 3½-inch-wide strips the full 45-inch width of the red fabric. Sew short ends of strips together into a loop. Topstitch ½ inch from one long edge of loop; fringe raw edge to stitched line. Gather opposite edge until ruffle is 2 yards long. Set aside.

Cut a 16×20-inch backing from red fabric.

Cut and piece 2-inch-wide bias strips of gingham until strip is 2⅛ yards long. Cover cording.

With right sides facing and using a ½-inch seam allowance, sew piping, then ruffle to pillow front.



continued on page 124

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Call 1-800-CAT-CARE for more information.

Colors

continued from page 123

Sew backing to pillow front, leaving an opening for turning. Trim seams, clip corners, and turn right side out.

Press, then stuff pillow with fiberfill. Slip-stitch opening closed.

IRON-ON TRANSFER PATTERN OFFER

Readers of *Better Homes and Gardens*® magazine can duplicate the **Christmas Bouquet Redwork Pillow** *(instructions begin on page 123)* with our easy-to-use iron-on transfer pattern. Not available in stores, the pattern set contains a full-size transfer for the pillow plus three smaller sizes of transfers to use on other projects. To order, send a check or money order for $15.95 to *Better Homes and Gardens* Reader Shopping Service, Dept. 9512, Box 9128, Des Moines, IA 50306-9128. Please specify **Christmas Bouquet Redwork Iron-On Transfer Pattern**. The price includes shipping, handling, and sales tax, if applicable.



QUILT PATTERN OFFER

By special arrangement with The Sterns Technical Textiles Company, readers of *Better Homes and Gardens*® magazine can purchase a special package of **Mountain Mist Quilt Patterns** for the two red and white quilts shown *above* and on *page 111*. The ***Homespun*** design (top) is pieced and finishes to either 78×96 inches or 81×96 inches, depending

on whether you use interblock strips; the *Dew Drop* design (bottom) is appliquéd and finishes to 78×96 inches. Both patterns include full-size pattern pieces, overall quilt diagrams, yardage charts, assembly instructions, and suggested quilting designs. To order the set of two patterns, send a check or money order for $13.95 to *Better Homes and Gardens* Reader Shopping Service, Department 9512, Box 9128, Des Moines, IA 50306-9128. The price includes shipping, handling, and sales tax, if applicable.

FUR-TRIMMED PATCHWORK STOCKING

page 116

Stocking is about 18 inches tall.

Materials: Scraps of red print and woven-textured fabrics; ¾ yard of red fabric (backing and lining); 5×18-inch piece of white fake fur; matching sewing threads; 1½ yards of ¼-inch-diameter white piping; 13×20-inch piece of fleece; hot-glue gun and glue.

Instructions: Enlarge pattern, *right*, onto graph paper, adding a ½-inch seam allowance; transfer all inner markings and numbers. Cut one stocking shape from backing and fleece; cut two from lining. Then cut pattern into patchwork pieces.

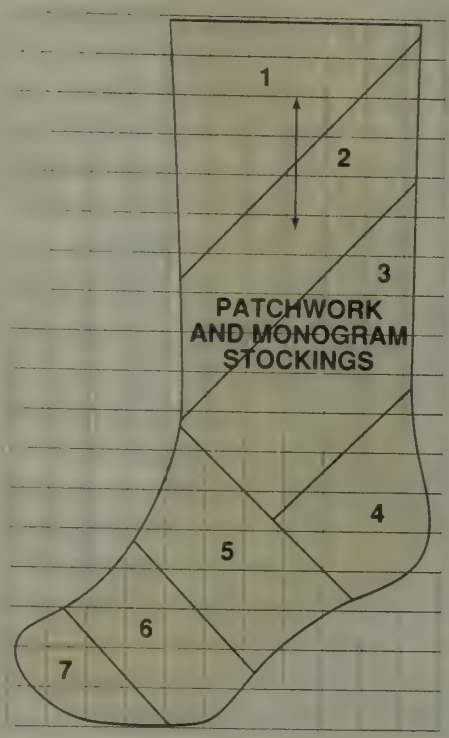
Trace patchwork patterns onto fabric scraps, adding ½-inch seam allowances to inside seams; cut out.

Note: Sew all pieces together with right sides facing, unless otherwise noted. Join pieces 1, 2, 3, and 4, pressing seams open; repeat for pieces 5, 6, and 7. Join both sections. Pin fleece to wrong side of pieced stocking; machine-quilt ⅛ inch from seams. Sew piping around stocking, leaving top untrimmed.

Sew backing to pieced stocking, leaving open at top. Clip curves, turn, and press. Join lining pieces in same manner. Trim seam. Do not turn. Press top seam allowance to right side. Slip lining inside stocking. Baste lining to stocking around top.

Turn under one long (bottom) edge of cuff; glue in place. With wrong side of cuff facing right side of stocking, wrap cuff around stocking, overlapping short cuff edges in center back. Trim overlap as necessary; glue overlap. Next, fold top of cuff over top of stocking; glue in place.

Cut a 2×8-inch strip of red fabric for hanger. Press under ½ inch on all raw edges, fold strip in half lengthwise with wrong sides facing; topstitch ⅛ from edges. Fold strip in half to form loop; tack ends to inside of stocking.



1 Square = 1 Inch

MONOGRAMMED CHRISTMAS STOCKING

page 116

Stocking is about 18 inches tall.

Materials: 20×24-inch piece of red 14-count Aida cloth; ½ yard of red-and-white stripe fabric (stocking piping, lining); ¼ yard red print (cuff piping); 2 yards of ¼-inch-diameter piping; white embroidery floss; 14-count graph paper; tapestry needle; embroidery hoop; water-soluble fabric marker.

Instructions: Enlarge outline for the stocking pattern, *above*, onto graph paper, adding ½ inch for seam allowances; cut out.

Trace pattern onto Aida cloth using water-soluble fabric marker.

continued on page 126



Colors

continued from page 125

Select desired alphabet pattern for monogram (see the special book offer, *right*, for a collection of possible patterns).

Chart letters onto graph paper as follows. Draw cross-stitches for middle letter over two squares of paper; draw cross-stitches for letters on each side over one square. Use three floss strands to work cross-stitches over one fabric square and six strands to work cross-stitches over two fabric squares. Stitch monogram design, centered, about 1 inch from top edge of stocking. When stitching is complete, cut out stocking front. Cut backing from Aida cloth and two lining pieces from stripe fabric.

Cut and piece a 2×18-inch bias strip from red print; cover cording. From stripe, cut and piece a 2×54-inch bias strip; cover cording.

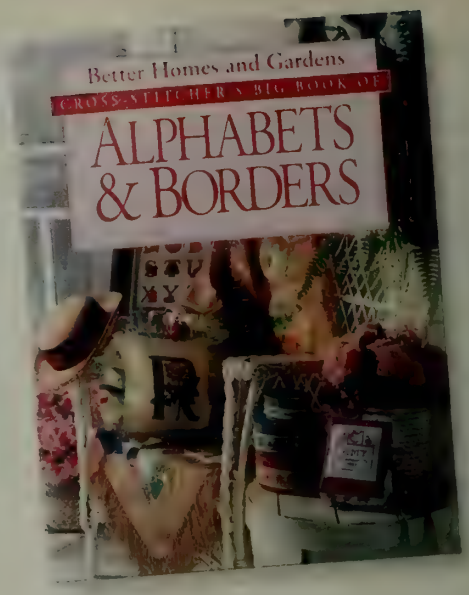
Note: Sew pieces together with right sides facing, unless otherwise noted.

Sew striped piping around stocking front, leaving the top edge untrimmed. Sew the stocking back to the front along piping. Clip curves, turn to the right side, and press. Press under ½ inch at the top.

Sew lining pieces together as for stocking; do not turn right side out. Sew print piping around the top edge. Slip lining inside stocking. Baste shapes together at the top edge, leaving an opening at one side for the hanger.

Make a hanger from Aida cloth following hanger instructions for the fur-trimmed patchwork stocking on *page 125*.

Insert the hanger between the stocking and the lining. Slip-stitch opening closed.



SPECIAL BOOK OFFER

We selected the alphabets used on our **Monogrammed Christmas Stocking** (*instructions, page 125*) and **Monogrammed Picture Frame** (*instructions, page 127*) from the ***Better Homes and Gardens Cross-Stitcher's Big Book of Alphabets and***





Now you can make the perfect frame... 4 brand new Expressions.

Borders. This 320-page hardcover book features beautiful photographs of more than 80 projects plus complete lists of materials, floss charts, and large, easy-to-read cross-stitch graphs. To order the book, send $29.95 to *Better Homes and Gardens* Reader Shopping Service, Department 9512, Box 9128, Des Moines, IA 50306-9128. The price includes shipping, handling, and sales tax, if applicable.

MONOGRAMMED PICTURE FRAME

page 118

Materials: ½ yard of red 14-count Aida cloth; ½ yard of fusible fleece; cardboard (see below for amount); white embroidery floss; hot-glue gun and glue; water-soluble fabric marker.

Instructions: Draw a rectangle the desired size of picture frame onto tissue paper. Then draw shape of opening for photograph onto rectangle. *Note:* Opening should be slightly smaller than photograph.

Also, for best effect, draw the opening so the top and sides of frame are equal widths and the bottom is 1 inch deeper. If necessary, readjust lines of frame. Cut two frame shapes from cardboard, cutting opening in one shape for the front.

Using water-soluble fabric marker, trace front and back frames onto Aida cloth (with grain of fabric); add a 2-inch seam allowance around both shapes. Do not cut out until cross-stitching is complete.

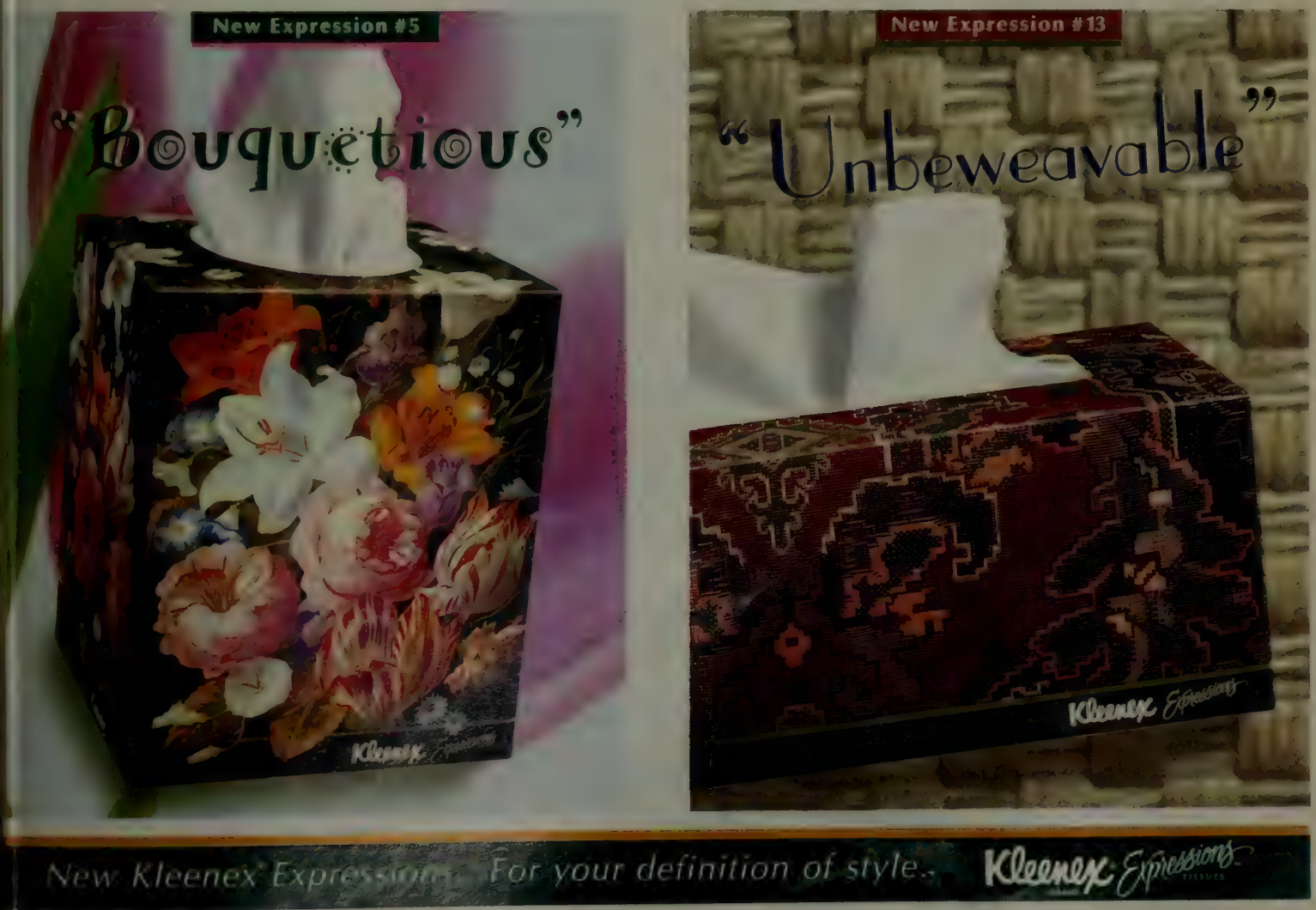
Choose desired alphabet pattern (see the special book offer, *left*, for a collection of patterns). Cross-stitch monogram about 1 inch from bottom of opening. Use three strands of white floss to work each cross-stitch over one fabric square. When stitching is complete, cut out Aida cloth front and back. Do not cut opening.

Cut two pieces of fusible fleece to fit cardboard frame front. Fuse pieces one at a time to cardboard front, following the manufacturer's instructions.

Stretch stitched front over cardboard front, making sure monogram letters are positioned correctly. Tape, then glue top and bottom edges of fabric to back of cardboard. Clip fabric from top raw edge to fold along cardboard edge on both sides. Repeat for bottom edge. Glue sides to frame back and at corners; trim excess fabric.

For opening, clip center of cloth and cut diagonally into each corner, as precisely as possible. Fold flaps to back side and glue in place. Add a drop of glue to each corner and press fabric in place.

Cover frame back as for front, omitting fusible fleece. Glue front to back along bottom and sides, leaving top open for inserting photograph.





On this special occasion,
the silver is her grandmother's,
the china is her mother's,
and the pie is Mrs. Smith's®.



Because you can taste the care in every bite. For special occasions Mrs. Thurber's pie is always *Mrs. Smith's.*® Mrs. Thurber knows that making pies has been Mrs. Smith's specialty for over 75 years. Mrs. Thurber also knows that every Mrs. Smith's pie is made with high quality ingredients—like pumpkins grown especially for Mrs. Smith's. And this is precisely why Mrs. Smith's is a tradition Mrs. Thurber plans to keep in the family for generations. **Mrs. Smith's.® The taste that takes you home.™**



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Our Best RECIPES

This month, you'll find:

Share the Holiday Spirit

Festive recipes to regale friends and family in this jubilant season

Readers' Prizewinning Recipes

Sweet Rolls and Breads

Hearty Pot Pies

p. 185

White Hot Chocolate

p. 156

PHOTOGRAPHS: MARK THOMAS FOOD STYLIST: DORA JONASSEN PROP STYLIST: NANCY MICKLIN

December is at the door. The flurries, the festivities, and fragrances of the season give wing to our steps and set our hearts to singing. As we prepare to welcome friends and family to our table, the kitchen glows with an infectious warmth that heightens by the moment. Sharing food and good times with those we love—that's the essence of the holidays.

Share the HOLIDAY *Spirit*

Let the good times roll. Together in the kitchen, families



join hands . . . shaping cookies—and memories.

by

NANCY BEAL AND CARLA WALDEMAR

Recipes begin on page 142



Gingerbread Cookies

The heart of Christmas... In kitchens all across the country families reenact the warm tradition, baking and decorating cookies to share with friends. Fresh gingerroot makes these standout cutouts extra snappy.



Sparkling **CHRISTMAS PUNCH**

The shimmering wassail bowl bids welcome to one and all, inviting revelers to sip its fruity, spicy blend.



Malaysian **Prawns and Shrimp**

A marriage of peanut and coconut lends enticing tropical flavors to a shrimp appetizer, as lively as spirits on this Christmas Eve.



Spicy **Date Salsa**

To whet the evening's gaiety, sweet and hot sensations playfully awaken your taste buds. Colorful chips and veggies act as the perfect foil for this salsa's robust flavor.

The moment's here. Laughter orchestrates the evening



as we welcome friends to our home.

Spinach **Tart**

Fresh herbs liven both pastry and filling of this hearty double-crust tart. Serve in slender wedges warm or chilled, as you choose.



Sicilian **Eggplant Dip**

A mosaic of lusty Italian vegetables beguiles your guests to pause for a tempting bite or two.



Recipes begin on page 146

Christmas is a time of rich traditions





Tuscan ALMOND TORTE

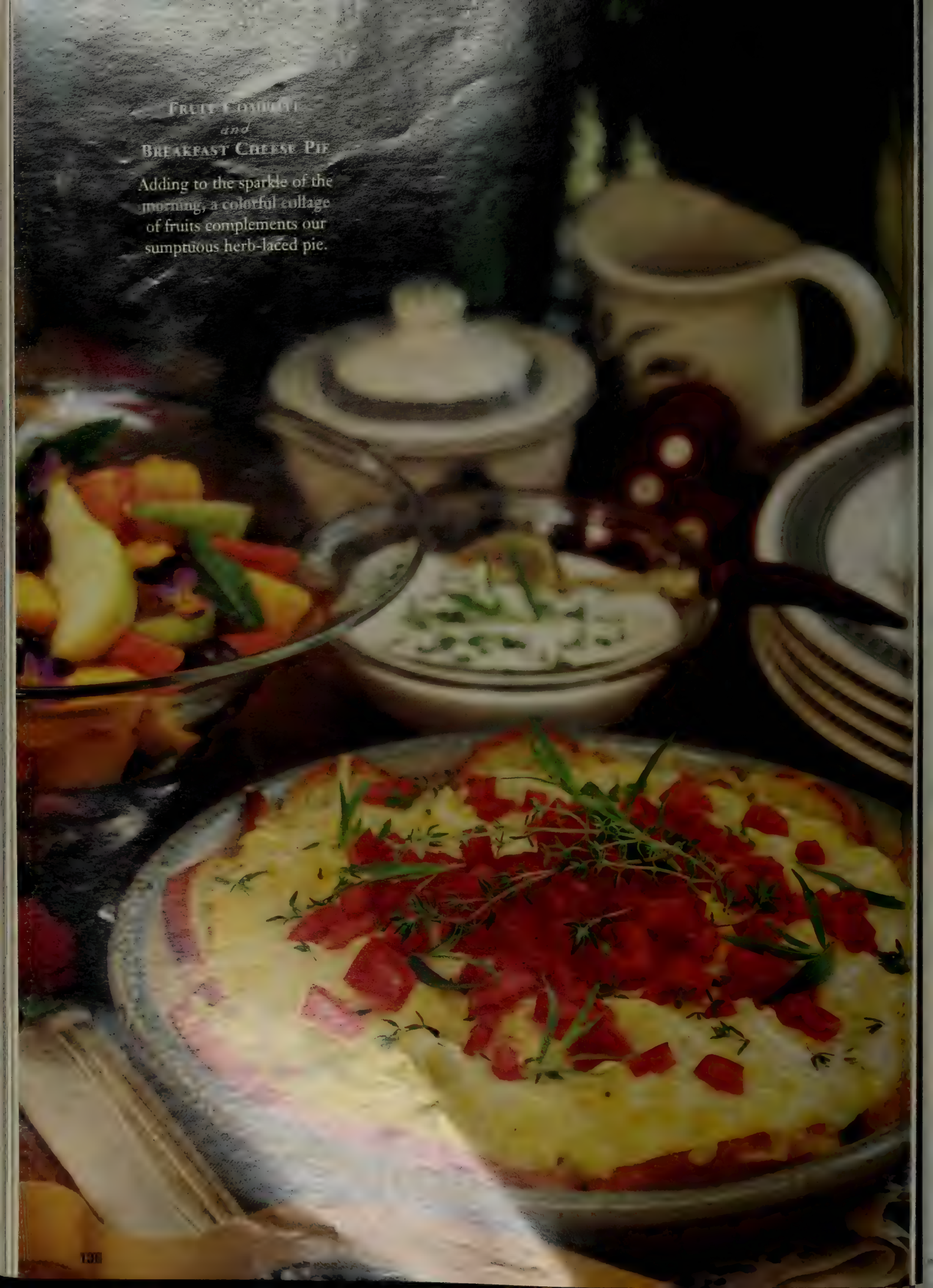


pa *ation to the next.*

...continued on page 152



Italian **Oven Chowder**
Vegetables never had it so good—
and neither have your guests!
This aromatic chowder can be
started before the family arrives,
so you can enjoy the Christmas
Eve festivities among them.



Fruit Compote *and* Breakfast Cheese Pie

Adding to the sparkle of the morning, a colorful collage of fruits complements our sumptuous herb-laced pie.

'Tis Christmas Day. The wonderment of this



long-awaited morning kindles a twinkle in every eye.

Recipes begin on page 152



The sweet indulgences that crown this Christmas feast build remembrances to savor in the year to come.

Chocolate
BRANDY CAKE

This is it: the tallest, darkest, and richest chocolate cake of the season. Triple your pleasure by robing it in Chocolate Buttercream and Chocolate Glaze.



Triple Fruit
HOLIDAY PIE

Season's greetings on a plate: pears, cherries, and apricots burst from a flaky pastry crust endowed with extra crunch.

Recipes begin on page 164
Buying information, see page 199

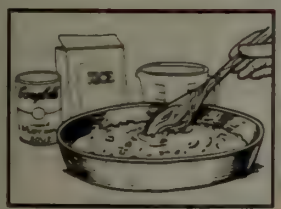
Campbell's®

ONE DISH WONDER



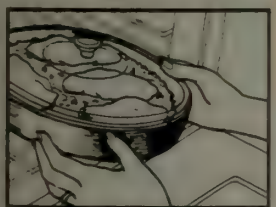
It's as easy as one, two.

1



Combine.

2



Bake.



NEW Campbell's One Dish Chicken & Rice Bake

Prep Time: 5 min. Cook Time: 45 min.

- 1 can (10 3/4 oz.) Campbell's Cream of Mushroom Soup
- 1 cup water
- 1 cup uncooked regular
- 1/4 tsp. paprika
- 1/4 tsp. pepper
- 4 skinless, boneless chicken breast halves

1. In 2-qt. shallow baking dish mix soup, water, rice, paprika and pepper. Place chicken on rice mixture. Sprinkle with additional paprika and pepper.
2. Cover. Bake at 375°F. for 45 min. or until done. Serves 4.

http://www.campbellsoup.com

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Campbell's Makes Everything M'm! M'm! Better.™

Holiday Recipes

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TOMATO SPICE LOAVES

Move over, carrot cake: Tomato sauce is the secret ingredient that moistens these scrumptious loaves.

- 1¾ cups all-purpose flour
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- ½ tsp. baking soda
- ½ tsp. ground nutmeg
- ¼ tsp. salt
- 1 beaten egg
- 1 8-oz. can tomato sauce
- ¾ cup packed brown sugar
- ½ cup cooking oil
- ½ cup chopped walnuts
- 1 recipe Sweet Glaze (optional)
- Shredded lemon peel (optional)
- Chopped walnuts (optional)

In a medium mixing bowl stir together flour, baking powder, cinnamon, baking soda, nutmeg, and salt; set aside. In a large mixing bowl combine egg, tomato sauce, brown sugar, and oil. Add flour mixture; stir just till combined. Stir in nuts.

Pour batter into a greased and floured 8x4x2½-inch or three 5x3x2-inch loaf pans. Bake in a 350° oven till a toothpick inserted into center comes out clean, allowing 50 to 60 minutes for large loaf and 35 to 40 minutes for mini loaves. If necessary, cover with foil during the last 15 to 20 minutes of baking to prevent overbrowning.

Cool in pan(s) on a wire rack for 10 minutes. Remove from pans; cool thoroughly on wire rack. If desired, drizzle with Sweet Glaze. Garnish with shredded lemon peel and/or chopped walnuts, if desired. Makes 16 slices.

Sweet Glaze: In a small mixing bowl stir together ½ cup sifted powdered sugar, 1 tablespoon light corn syrup, and 2 teaspoons water; spoon glaze atop loaf.

Make-ahead directions: Loaves can be baked ahead and frozen; add Sweet Glaze just before serving.



Something for everyone: Yeasty Pine Nut Rolls begin with a roll mix, Rosemary Satin Dinner Rolls are made from scratch (see recipe, page 167), and Tomato Spice Loaves are in the family of quick breads.

Nutrition facts per slice: 187 cal., 10 g total fat (1 g sat. fat), 13 mg chol., 212 mg sodium, 24 g carbo., 1 g fiber, and 2 g pro. Daily Values: 2% vit. A, 1% vit. C, 5% calcium, and 7% iron.

PINE NUT ROLLS

Parmesan and pine nuts add an Italian accent to a speedy hot roll mix.

- 1 16-oz. pkg. hot roll mix
- 1 cup hot water (120° to 130° F.)
- 2 Tbsp. margarine or butter
- 1 egg
- ½ cup pine nuts, finely chopped, or slivered almonds
- ½ cup grated Parmesan cheese
- ¼ cup snipped parsley
- 2 Tbsp. margarine or butter, melted
- 1 slightly beaten egg

Prepare hot roll mix following package directions, using the hot water, 2 tablespoons margarine or butter, and egg. Knead dough; let rest as directed on package.

In a small mixing bowl stir together pine nuts, cheese, and parsley. On a lightly floured surface, roll dough into an 18-inch square. Brush with the 2 tablespoons melted margarine or butter; sprinkle with pine nut mixture. Roll up dough; moisten; seal seam. Cut crosswise into twelve 1½-inch-thick slices.

continued on page 146

Not all ornaments are for the tree.



REAMY CHOCOLATE LAYERED PIE

eparation Time: 15 minutes

oz. PHILADELPHIA BRAND® Cream Cheese, softened
ablespoon milk or half-and-half
ablespoon sugar
ub (12 oz.) COOL WHIP® Whipped Topping, thawed
KEEBLER® READY CRUST® Chocolate Pie Crust (6 oz.)
/2 cups cold milk or half-and-half
gs. (4-serving size) JELL-O® Brand Chocolate Flavor
ant Pudding & Pie Filling

MIX cream cheese, 1 tablespoon milk and sugar with wire whisk until smooth. Stir in 1½ cups of whipped topping. Spread on bottom of crust.

POUR 1½ cups milk into bowl. Add pudding mixes. Beat with wire whisk 1 minute. Stir in 2 cups of whipped topping. Spread over cream cheese layer.

REFRIGERATE 4 hours or until set. Garnish with remaining whipped topping. Makes 8 servings.

For highest quality use products as listed. Do not substitute.



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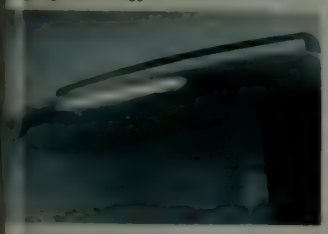




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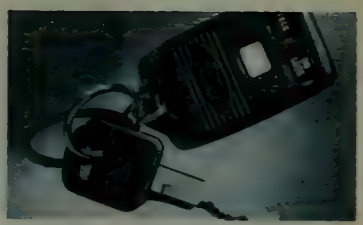


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Ford

THE WORLD'S JUST TOO BIG TO BE LEFT UNEXPLORED.

Holiday Recipes

continued from page 142

Place slices, seam side down, on greased baking sheets. Let rest for 5 minutes. Using a wooden spoon handle, press center of each slice to make a deep crease. In a small mixing bowl stir together 1 slightly beaten egg and 1 tablespoon *water*; brush onto dough. Let rise in warm place till nearly double (30 to 35 minutes). Bake in a 375° oven about 15 minutes or till golden. Serve warm, if desired. Makes 12 rolls.

Nutrition facts per roll: 233 cal., 10 g total fat (3 g sat. fat), 43 mg chol., 325 mg sodium, 30 g carbo., 0 g fiber, and 9 g pro. Daily Values: 6% vit. A, 2% vit. C, 3% calcium, and 12% iron.

GINGERBREAD COOKIES

Fresh gingerroot adds the snap that makes these cookies special. To grate it easily, add peeled and chopped gingerroot to your food processor.

- 3 cups all-purpose flour
- ¾ tsp. baking soda
- ½ tsp. ground cinnamon
- ⅛ tsp. ground cloves
- ½ cup butter
- ½ cup sugar
- 1 egg
- ½ cup molasses
- 1 tsp. vanilla
- ¼ cup grated gingerroot
- 1 recipe Browned Butter Frosting (see recipe, at right), tinted, if desired
- Decorative candies (optional)
- Colored sugar (optional)

In a medium mixing bowl stir together flour, baking soda, cinnamon, and cloves; set aside. In a large mixing bowl beat butter for 30 seconds. Add sugar; beat till fluffy. Add egg, molasses, and vanilla; beat till combined. Beat in flour mixture and gingerroot, stirring in remaining flour with a spoon, if necessary. Cover; chill dough about 3 hours or overnight or till easy to handle.

On a lightly floured surface, roll dough about ⅛ inch thick. Cut into desired shapes with 3-inch cookie cutters. Arrange cutouts on a lightly greased cookie sheet. Bake in a 375° oven for 5 to 6 minutes or till edges are firm and bottoms are light brown. Cool on a wire rack. Decorate with Browned Butter Frosting, candies, and sugar. Makes about 48 (3-inch) cookies.

Browned Butter Frosting: In a saucepan heat ¼ cup butter over low heat till lightly browned. Remove from heat; cool. Stir in 2 cups powdered sugar and 3 to 4 tablespoons milk to make frosting piping consistency. If desired, add enough food coloring (a few drops) to tint.

Nutrition facts per cookie: 115 cal., 4 g total fat (2 g sat. fat), 15 mg chol., 61 mg sodium, 19 g carbo., 0 g fiber, 1 g pro. Daily Values: 3% vit. A, 0% vit. C, 0% calcium, 3% iron.

SPARKLING CHRISTMAS PUNCH

Use apple juice if you prefer a rich, golden color.

- 4 cups apple juice or pear nectar
- 4 inches stick cinnamon
- 1 vanilla bean, split, or 1 tsp. vanilla extract
- 6 whole cardamom pods, broken
- 1 750-ml bottle dry champagne or two 12-oz. bottles lemon-lime carbonated water, chilled
- 1 large apple, cored and sliced crosswise, or 1 pear, cored and sliced (optional)
- Cranberries (optional)
- Ice cubes

Pour the apple juice or pear nectar into a medium saucepan. For spice bag, place the stick cinnamon, vanilla bean, and cardamom in a double thickness of cheesecloth. Bring up corners; tie with string. Add spice bag to juice. Bring to boiling; reduce heat. Cover and simmer for 5 minutes. Remove from heat. Cool and chill thoroughly.

Before serving, remove spice bag and discard. Pour juice into a large pitcher or punch bowl. Stir in vanilla extract, if using, and the champagne or carbonated water. Add apples or pears and cranberries, if desired. Add ice just before serving. Makes about 14 (4-ounce) servings.

Nutrition facts per serving: 88 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 13 g carbo., 1 g fiber, 0 g pro. Daily Values: 0% vit. A, 2% vit. C, 0% calcium, 2% iron.

MALAYSIAN PRAWNS AND SHRIMP

Half of this rich and zesty sauce serves as a dip alongside the seafood; the other half, laced with a splash of soy sauce, is basted on when broiling.

- 24 fresh or frozen prawns and/or 3 lb. large shrimp in shells
- ½ cup creamy peanut butter
- ¼ cup margarine or butter
- 2 Tbsp. lemon juice or rice vinegar
- ½ cup purchased coconut milk
- Several dashes bottled hot pepper sauce
- 1 Tbsp. soy sauce
- Ti leaves (optional)
- Lemon and lime wedges (optional)

Thaw prawns and/or shrimp, if frozen. Remove and discard the heads, if desired; set aside the prawns and shrimp.

For sauce, in a small saucepan combine peanut butter, margarine or butter, and lemon juice or vinegar. Bring just to boiling; reduce heat. Cook and stir over low heat for 2 minutes. (The mixture should be thick.) Remove from heat.

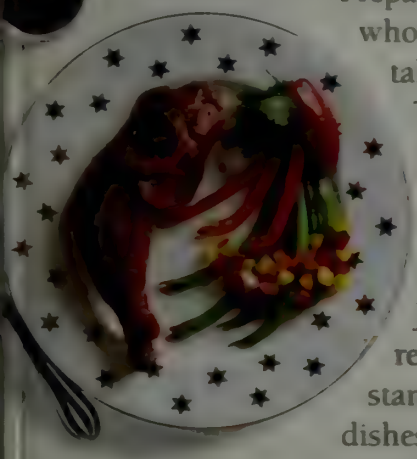
Gradually stir in coconut milk and bottled hot pepper sauce. Remove *half* of the sauce to use as a dipping sauce; set aside. Stir soy sauce into mixture in saucepan.

On short skewers*, loosely thread prawns or shrimp; arrange in a single layer on the unheated rack of a

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"WATCH ME MAKE A CHICKEN DISAPPEAR."

JUST SAY ABRACADABRA. HONEY



Preparing a meal the whole family will love can take some real wizardry. The trick? Start with honey. Honey can turn an ordinary chicken into something magical. Just try one of the recipes below. And then stand back. Because dishes made with honey tend to vanish.

SOUTHERN-STYLE HONEY "BARBECUED" CHICKEN

- *1* — *(2-1/2 to 3 lbs.) chicken, cut-up*
- *Salt and pepper to taste*
- *1* — *cup thinly sliced onions*
- *3/4* — *cup tomato sauce*
- *1/4* — *cup honey*
- *1/4* — *cup vinegar*
- *2* — *Tbsp. Worcestershire sauce*
- *1* — *tsp. paprika*
- *1/4* — *tsp. bottled hot pepper sauce*

Place chicken, skin side down, in a large baking dish. Sprinkle with salt and pepper. Combine remaining ingredients; mix well. Pour mixture over chicken. Bake, uncovered, at 375° F for 30 minutes. Turn pieces and bake 20 minutes longer or until chicken is glazed and no longer pink. Makes 4 servings.

OVEN-BAKED ORANGE CHICKEN

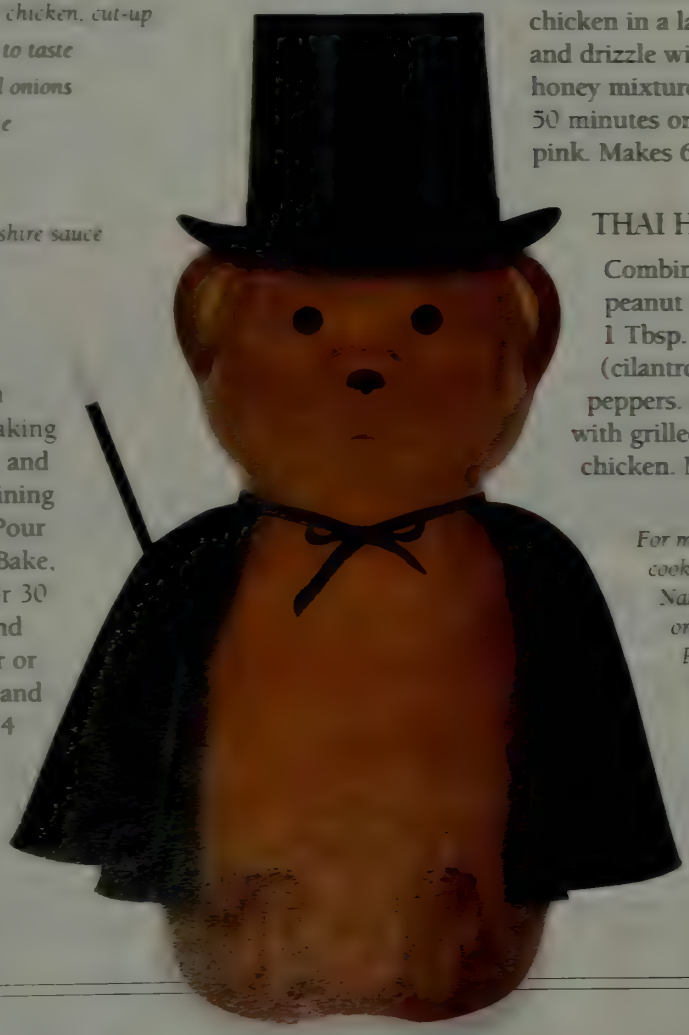
- *6* — *chicken breast halves, (4 to 6 oz. each) skinned if desired*
- *1/4* — *cup (1/2 stick) butter or margarine, melted*
- *1* — *can (6 oz.) frozen orange juice concentrate, thawed*
- *1/4* — *cup honey*
- *3/4* — *cup fine bread crumbs*
- *1/2* — *cup all-purpose flour*
- *1* — *tsp. paprika*
- *1/4* — *tsp. thyme*
- *1/2* — *tsp. salt*



Brush chicken breasts with butter. Combine undiluted orange juice and honey in shallow dish. Mix bread crumbs, flour, paprika, thyme and salt. Roll chicken in honey mixture, then in bread crumb mix. Place chicken in a large greased baking pan and drizzle with any remaining butter or honey mixture. Bake at 375° F for 45 to 50 minutes or until tender and no longer pink. Makes 6 servings.

THAI HONEY PEANUT DIP

Combine 1/2 cup honey, 1/4 cup peanut butter, 2 Tbsp. soy sauce, 1 Tbsp. chopped fresh coriander (cilantro) and 1/8 tsp. crushed red peppers. Mix until blended. Serve with grilled, broiled or sauteed chicken. Makes 3/4 cup.



For more delicious recipes, order the 96-page cookbook "Sweetened With Honey, The Natural Way." Send a $2.50 check or money order to: National Honey Board, Dept. AD, P.O. Box 7760, Marshfield, WI 54449. Allow 4-6 weeks for delivery.

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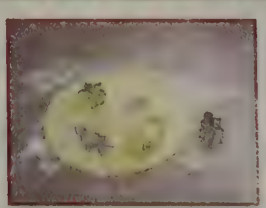
WHAT THEY MEAN BY EASY AS PIE.

This time of year, you've got enough to keep you busy without the burden of baking from scratch. But with simple-to-make recipes like this and our fabulous fruit fillings, you'll see just how easy pie can be.

EASY 3-STEP CHERRY PIE



1. Place 1 already made pie crust in pan, pour in 2 (21 oz.) cans Comstock Cherry Pie Filling.



2. Using remaining pie crust, cut with your favorite cookie cutter, decorate pie edge. Brush decorations with egg wash (1 egg beaten, mixed with 1 tsp. water).*



3. Bake at 125° for 4[illegible] minutes [illegible] until crust is [illegible]

*If [illegible] serving

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broiler pan. Brush soy sauce mixture onto prawns or shrimp. Cover and let stand for 30 minutes. Broil skewered prawns 3 inches from the heat for 3 to 4 minutes or till flesh turns pink, turning once.

Arrange skewered prawns or shrimp in a serving bowl lined with ti leaves, if desired. Garnish with lemon and lime wedges, if desired. Stir reserved sauce; pass with seafood. Makes 24.

**Note:* If using wood skewers, first soak them in water for 30 minutes to prevent burning while broiling.

Nutrition facts per serving: 95 cal., 6 g total fat (3 g sat. fat), 70 mg chol., 163 mg sodium, 2 g carbo., 0 g fiber, and 9 g pro. Daily Values: 5% vit. A, 5% vit. C, 1% calcium, and 8% iron.

SPICY DATE SALSA

For this sultry salsa, use whatever fresh chili peppers are available. Usually the smaller the pepper, the hotter the hit. Or, you may use crushed red pepper.

- 1 8-oz. pkg. (1⅓ cups) chopped pitted dates
- 1 cup bottled chili sauce
- 1 tsp. finely shredded orange peel
- ½ cup orange juice
- ⅓ cup finely chopped onion
- 1 to 2 Tbsp. finely chopped hot peppers*
- Assorted dippers such as tortilla chips, jicama sticks, cucumber slices, radishes, and/or cherry tomatoes
- Shredded orange peel (optional)
- Shredded lime peel (optional)

In a small saucepan combine the dates, chili sauce, 1 teaspoon orange peel, orange juice, onion, and hot peppers. Bring just to boiling. Cool slightly; cover and chill till needed.

Serve dip with tortilla chips, jicama, cucumber, radishes, and cherry tomatoes. Garnish with shredded orange and lime peel, if desired. Makes 2¼ cups.

**Note:* The amount of hot peppers you use will vary with the heat of the pepper and your fondness for spicy food.

Be very careful when handling hot chili peppers; they contain oils which may burn your skin and eyes. Many cooks wear rubber gloves when handling chilies. Wash your hands and nails thoroughly with soap and warm water after working with hot chili peppers.

Nutrition facts per tablespoon dip: 27 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 90 mg sodium, 7 g carbo., 0 g fiber, 0 g pro. Daily Values: 1% vit. A, 5% vit. C, 0% calcium, 0% iron.

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Kellogg's® Crispix Mix® Original Recipe

(Serves 10 to 12)

- 7 cups Kellogg's®Crispix®cereal
- 1 cup mixed nuts
- 1 cup pretzels
- 3 tablespoons margarine, melted
- 1/4 teaspoon garlic salt
- 1/4 teaspoon onion salt
- 2 teaspoons lemon juice
- 4 teaspoons *Heinz*®* Worcestershire sauce

1. Combine Kellogg's®Crispix®cereal, nuts, and pretzels in a 13 x 9 x 2-inch baking pan. Set aside. **2.** Stir together remaining ingredients. Gently stir spices and margarine into cereal mixture until evenly coated. **3.** Bake at 250°F about 45 minutes, stirring every 15 minutes. Spread on paper towels to cool. Store in airtight container.

YIELD: About 9 cups.

Nutrition Facts Serving size 1/2 cup (28 grams) • Calories 110 • Fat Cal 54 **% Daily Value** Total Fat 10% (6g) • Sat Fat 5% (1g) • Cholest 0% (0mg) Sodium 11% (260mg) • Total Carb 5% (14g) • Fiber 5% (1g) • Sugars 2g Protein 2g • Vitamin A 10% • Vitamin C 10% • Calcium 0% • Iron 6%

SUBSTITUTIONS: Dry roasted mixed nuts may be used in place of regular mixed nuts and reduced-calorie margarine for regular margarine.

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Kellogg's Crispix Mix ORIGINAL

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SPINACH TART

Form this tart freehand on a baking sheet for a casual, country-style look; for a chic, uptown spin, use a tart pan.

- 1 recipe Pastry for Double Crust Pie (see recipe, below) or one 11-oz. pkg. piecrust mix (for 2 crusts)
- 2 Tbsp. snipped fresh herb or 2 tsp. dried herb, such as tarragon, thyme, basil, oregano, or marjoram
- 10 oz. torn fresh spinach
- 1 8-oz. pkg. reduced-fat cream cheese (Neufchâtel), softened
- ¼ cup light dairy sour cream
- 2 to 4 cloves garlic, minced
- ¼ tsp. salt
- ¼ tsp. pepper
- ½ cup chopped water chestnuts
- 1 beaten egg
- 1 Tbsp. water
- Fresh French wild asparagus or fresh dillweed (optional)

Prepare pastry or piecrust mix according to recipe or package directions, *except* add 1 tablespoon fresh herb or 1 teaspoon dried herb to dry ingredients. Divide pastry in half. Form each half into a ball.

For filling, add spinach to 1 inch of boiling water in a large saucepan; cover and steam for 2 to 4 minutes or just till limp. Drain thoroughly, squeezing out excess water.

In a medium mixing bowl stir together cream cheese, sour cream, garlic, salt, pepper, and remaining 1 tablespoon fresh herb or 1 teaspoon dried herb. Stir in the spinach and water chestnuts.

For a free-form shape: On a lightly floured surface, flatten each ball of dough with hands. Roll dough from center to edges, forming a circle about 10 inches in diameter. Trim each to a 9½-inch circle, reserving trimmings for pastry cutouts. Transfer one pastry round to a baking sheet; spread spinach filling onto pastry to within ½ inch of edge. Moisten edge with water. Top with remaining pastry round; seal and flute edges. Use the back of a knife to make scallops around the edge (see photo, below). Cut slits in top to allow steam to escape. If desired, top with pastry cutouts. To attach, combine beaten egg with water and brush atop crust. Place cutouts atop brushed surface.

To prepare in a tart pan: On a lightly floured surface, flatten each ball of dough with hands. Roll dough from center to edges, forming 2 circles about 12 inches in diameter. Transfer 1 circle to an 11-inch tart pan with a removable bottom; spread with spinach filling. Moisten edge with water.



To create attractive scallops, indent the rim of the tart with the back of a knife.

Place remaining pastry circle atop filling. Trim edges, reserving trimmings for pastry cutouts. Seal and flute edges. Cut slits in top to allow steam to escape. If desired, top with pastry cutouts. To attach, combine beaten egg with water and brush atop crust. Place cutouts atop brushed surface.

Brush any remaining egg mixture onto pastry. Bake in a 425° oven for 20 to 25 minutes or till golden. Serve warm or cover and chill overnight. Garnish with fresh French wild asparagus or fresh dillweed, if desired. To serve, cut tart in narrow wedges. Makes 12 appetizer servings.

Make-ahead directions: To reheat chilled tart, cover loosely with foil. Heat in a 350° oven about 20 minutes or till warm.

Pastry for Double Crust Pie: In a mixing bowl stir together 2 cups all-purpose flour and ½ teaspoon salt. Cut in ⅔ cup shortening till pieces are the size of small peas. Sprinkle 1 tablespoon cold water over part of the mixture; gently toss with a fork. Push to the side of the bowl. Repeat with additional 5 to 6 tablespoons cold water till all is moistened. Divide dough in half. Form each half into a ball.

Nutrition facts per serving: 240 cal., 17 g total fat (6 g sat. fat), 33 mg chol., 231 mg sodium, 17 g carbo., 1 g fiber, and 5 g pro. Daily Values: 19% vit. A, 2% vit. C, 3% calcium, and 10% iron.

SICILIAN EGGPLANT DIP

Serve this zesty Mediterranean dip in a bowl surrounded by baguette toasts, or heap it atop a bed of colorful kale.

- 1 medium eggplant (1 lb.)
- 2 Tbsp. olive oil
- 1 medium onion, chopped (½ cup)
- 1 14½-oz. can stewed tomatoes
- ¼ cup dry red wine
- 2 Tbsp. red wine vinegar
- 2 Tbsp. capers, drained
- ⅛ tsp. salt
- ⅛ tsp. cracked black pepper
- 1 loaf French bread (baguette)
- Olive oil
- Fresh thyme (optional)

Peel eggplant, if desired, and cut into ¼-inch cubes. (You should have about 5 cups.) In a large skillet heat olive oil; add eggplant and onion. Cook, uncovered, over medium-high heat about 10 minutes or till tender, stirring occasionally. Stir in tomatoes, red wine, vinegar, capers, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes or till liquid is evaporated. Cool slightly; cover and chill.

Before serving, slice baguette; brush cut sides with a little olive oil. Arrange slices in a single layer on

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What do you remember most about growing up?

You knew Santa was coming. Maybe with that bike you asked for in your letter. Mom said he'd be hungry, so you left him your favorite snack: fresh-baked raisin cookies and a glass of milk. You don't remember falling asleep, but you'll never forget waking up. The cookies and milk were gone. You missed him. It almost made you cry. Until you saw the bike.



Simple. Genuine. Good.

Holiday Recipes

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the unheated rack of a broiler pan. Broil a few inches from heat for 2 to 3 minutes, turning once. Serve with eggplant dip. Garnish dip with fresh thyme, if desired. Makes about 4 cups dip.

Nutrition facts per tablespoon dip: 9 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 30 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 0% iron.

TUSCAN ALMOND TORTE

Borrow a festive taste from Italy—a torte rich with almond paste and a cloud of mascarpone cream.

- 1 cup sugar
- 1 8-oz. can almond paste (made without syrup or liquid glucose), finely crumbled
- ¼ cup butter, at room temperature
- 4 eggs
- 1 tsp. vanilla
- 1 cup all-purpose flour
- 1 tsp. baking powder
- ½ cup whipping cream
- ½ of an 8-oz. carton mascarpone cheese (about ½ cup)
- Shaved chocolate (optional)
- Toasted sliced almonds (optional)
- Fresh figs, halved (optional)
- Fresh kumquats (optional)
- Fresh sage leaves (optional)

In a large mixing bowl beat sugar, almond paste, and butter with an electric mixer on low speed till blended. Beat in eggs and vanilla till smooth. Sprinkle flour and baking powder atop; beat just till combined. Pour into a greased and floured 9-inch springform pan.

Bake in a 325° oven for 50 to 55 minutes or till a toothpick inserted near center comes out clean. Cool in pan for 10 minutes. Loosen cake from sides of pan. Cool completely on a wire rack. Remove sides of pan.

Chill mixing bowl and beaters. Just before serving, in the chilled bowl beat the whipping cream just till soft peaks form. Stir mascarpone cheese; fold into whipped cream.

To serve, transfer cake to a serving platter. Mound whipped cream mixture atop cake. If desired, top with shaved chocolate and toasted almonds. Garnish with figs, kumquats, and sage leaves, if desired. Makes 10 to 12 servings.

Make-ahead directions: Seal cake in an airtight container; cover and freeze for up to 6 months. Thaw frozen cake in the refrigerator overnight. Let stand at room temperature before serving. Garnish cake as directed.

Nutrition facts per serving: 383 cal., 22 g total fat (10 g sat. fat), 128 mg chol., 122 mg sodium, 40 g carbo., 0 g fiber, and 9 g pro. Daily Values: 13% vit. A, 0% vit. C, 8% calcium, and 10% iron.

ITALIAN OVEN CHOWDER

To many of us, oysters are a holiday tradition. Add them to this hearty Italian chowder if you wish.

- 4 slices bacon
- 2 large carrots, sliced ½ inch thick
- 2 medium parsnips, sliced ½ inch thick, cutting larger pieces in half
- 2 medium onions, cut into thin wedges
- 3 medium potatoes, chopped
- 2 14½-oz. cans reduced-sodium chicken broth
- ½ tsp. garlic salt
- ¼ tsp. pepper
- 3 Tbsp. margarine or butter, melted
- 3 Tbsp. all-purpose flour
- 2 cups milk
- 2 cups frozen whole kernel corn
- 1 pint shucked oysters with juice (optional)
- Snipped chives or parsley (optional)

In a 4-quart Dutch oven cook bacon till crisp. Remove bacon, reserving 1 tablespoon drippings in the pan. Drain the bacon on paper towels; crumble and set aside.

Add carrots, parsnips, and onions to Dutch oven. Cook over medium heat for 8 to 10 minutes or till brown, stirring occasionally.

Add potatoes, chicken broth, garlic salt, and pepper. Bring to boiling; reduce heat. Cover and simmer about 15 minutes or till potatoes are tender. (At this point, the soup can be cooled, covered, and chilled in the refrigerator overnight.)

In a small mixing bowl stir together melted margarine or butter and flour. Stir flour-margarine mixture, milk, and corn into chowder mixture in Dutch oven. Cook and stir over medium heat till slightly thickened. If desired, add oysters and liquid to soup; heat through. Sprinkle each serving with crumbled bacon and chives or parsley, if desired. Makes 12 cups (8 to 10 side-dish servings).

Nutrition facts per serving: 267 cal., 13 g total fat (6 g sat. fat), 23 mg chol., 566 mg sodium, 33 g carbo., 3 g fiber, and 7 g pro. Daily Value: 72% vit. A, 19% vit. C, 8% calcium, and 6% iron.

SUNRISE FRUIT COMPOTE

The glint of both red and yellow papaya creates visual appeal in this colorful fruit compote.

- 1 lemon
- 1 orange or tangerine
- 1 lime
- ⅓ cup sugar
- 2 large pears, cored and sliced
- 2 medium papayas, seeded, peeled, and cubed
- 1 cup seedless red grapes
- Fresh mint (optional)

Halve the lemon, orange or tangerine, and lime; squeeze out all of the juice. (You should get about ¾ cup total.) In a small saucepan combine citrus juice and sugar. Add *half* of the citrus shells. Bring to boiling, stirring till sugar is dissolved; reduce heat. Simmer, uncovered, for 5 minutes. Discard shells.

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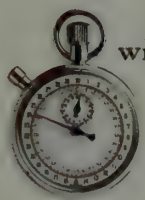


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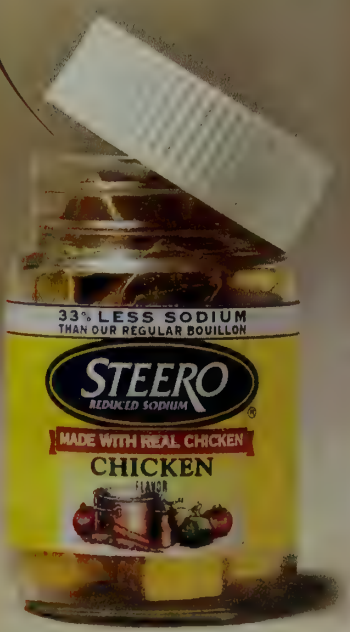
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Holiday Recipes

continued from page 152

In a large bowl combine pears, papayas, and grapes. Pour hot syrup over fruit, gently stirring to mix. Cover and chill for up to 4 hours. Before serving, garnish with mint, if desired. Makes 6 servings.

Nutrition facts per serving: 195 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 11 mg sodium, 49 g carbo., 5 g fiber, and 1 g pro. Daily Values: 5% vit. A, 202% vit. C, 4% calcium, and 4% iron.

BREAKFAST CHEESE PIE

French bread slices form the crust of this cheesy bacon-and-egg breakfast pie.

- 2 Tbsp. margarine or butter, softened
- ½ tsp. garlic powder
- 8 or 9 slices French bread, cut ¼ inch thick
- 1 cup shredded farmer or provolone cheese (4 oz.)
- 1¼ cups milk
- 4 tsp. all-purpose flour
- 1 3-oz. pkg. cream cheese with chives, cut up
- ¼ tsp. pepper
- ⅛ tsp. salt
- 1 Tbsp. snipped mixed fresh herbs (oregano, basil, thyme, rosemary, or dill)
- 8 beaten eggs
- 2 Tbsp. milk
- ⅛ tsp. salt
- 2 Tbsp. margarine or butter
- 2 oz. finely chopped Canadian-style bacon (about ½ cup)
- ⅓ cup dairy sour cream
- 2 plum tomatoes, chopped
- Snipped fresh herbs (optional)

In a small mixing bowl stir together the 2 tablespoons softened margarine or butter and the garlic powder; spread onto one side of *each* bread slice. Cut 5 slices of bread in half crosswise. Arrange remaining whole slices of bread, margarine side up, on the bottom of a 9-inch pie plate, trimming [illegible] to cover the bottom. Arrange half-slices around the sides of the plate. Bake, uncovered, in a 400° oven about 8 minutes or till the edges are crispy. Sprinkle with *½ cup* of the shredded cheese; return to oven and bake about 1 minute more or till cheese is melted. (At this point, you can cover and chill crust overnight.)

Meanwhile, in a medium saucepan stir together 1¼ cups milk and flour; stir in softened cream cheese, pepper, and the first ⅛ teaspoon salt. Cook and stir till thickened and bubbly; cook and stir for 1 minute more. Stir in 1 tablespoon snipped herbs; set aside. (You can cover and chill the sauce overnight.)

In a medium mixing bowl beat together eggs, 2 tablespoons milk, and the second ⅛ teaspoon salt. In a large skillet melt 2 tablespoons margarine or butter over medium heat; pour in egg mixture. Cook, without stirring, till mixture begins to set on the bottom and around the edge. Using a large spoon or spatula, lift and fold partially cooked eggs so uncooked portion flows underneath. Continue cooking over medium heat till eggs are cooked throughout but are still glossy and moist. Fold in *half* of the cream cheese sauce and Canadian-style bacon.

Spoon egg mixture into crust; sprinkle with remaining shredded cheese. Bake in a 350° oven for 10 to 15 minutes or till heated through.

Meanwhile, stir sour cream into remaining cheese sauce. If necessary, stir in a little milk to thin. Heat through; *do not boil.* Sprinkle pie with tomato and herbs, if desired. Cut into wedges to serve. Spoon sauce atop. Makes 6 servings.

Make-ahead heating directions: Bake the chilled crust as directed above. Heat the chilled sauce before adding sour cream; *do not boil.*

Nutrition facts per serving: 455 cal., 30 g total fat (9 g sat. fat), 331 mg chol., 722 mg sodium, 25 g carbo., 0 g fiber, 21 g pro. Daily Values: 39% vit. A, 10% vit. C, 25% calcium, and 15% iron.

continued on page 156

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Frozen Snowball Snacks
Take a scoop
of frozen Cool Whip
Anytime of year
Decorate with sprinkles
And watch them disappear.
Hint: Serve immediately or store in freezer



Holiday Recipes

continued from page 154

FENNEL FRUIT CROWN

Sugar and spice and everything nice—including hazelnuts, candied fruit, and fennel—add zest to this holiday bread. Shape it in two loaves if you wish.

- 2½ to 3 cups all-purpose flour
- 2 pkg. active dry yeast
- ¾ cup ricotta cheese
- ¾ cup orange juice
- ⅓ cup packed brown sugar
- 2 Tbsp. margarine or butter
- 1 tsp. salt
- 2 eggs
- ½ cup ground hazelnuts, toasted
- 1 6-oz. pkg. mixed dried fruit bits
- 2 tsp. fennel seed, crushed
- Powdered sugar

In a large mixing bowl stir together *1½ cups* of the flour and the yeast; set aside.

In a medium saucepan heat and stir ricotta cheese, orange juice, brown sugar, margarine or butter, and salt till warm (120° to 130°) and margarine is almost melted. Add to flour mixture; add eggs. Beat with an electric mixer on low speed for 30 seconds, scraping the bowl constantly. Beat on high speed for 3 minutes more.

Using a spoon, stir in ground hazelnuts, fruit bits, fennel seed, and the remaining flour (the batter will be stiff). Spoon into a well-greased 6-cup fluted tube pan or two 8x4x2-inch loaf pans. Cover; let rise in a warm place till nearly double (50 to 60 minutes).

Bake in a 375° oven for 25 to 30 minutes (35 to 40 minutes in loaf pans) or till bread sounds hollow when lightly tapped. If necessary, with foil the last 10 minutes t overbrowning. Remove

vire rack. Sift pow- the top(s) of fruit rown or 2 loaves gs).

Nutrition facts per serving: 258 cal., 7 g total fat (2 g sat. fat), 40 mg chol., 242 mg sodium, 42 g carbo., 2 g fiber, and 8 g pro. Daily Values: 9% vit. A, 13% vit. C, 6% calcium, and 14% iron.

WHITE HOT CHOCOLATE

Hey, it's Christmas, and it's OK to splurge on something this delicious.

- 3 cups half-and-half or light cream*
- ⅔ cup vanilla-flavored baking pieces or vanilla-flavored candy coating, chopped
- 3 inches stick cinnamon
- ⅛ tsp. ground nutmeg
- 1 tsp. vanilla
- ¼ tsp. almond extract
- Ground cinnamon (optional)

In a medium saucepan combine *¼ cup* of the half-and-half or light cream, vanilla baking pieces, stick cinnamon, and nutmeg; whisk over low heat till vanilla baking pieces are melted. Remove stick cinnamon.

Add remaining half-and-half or cream. Whisk till heated through. Remove from heat. Stir in vanilla and almond extract. Serve warm in mugs; sprinkle with cinnamon, if desired. Makes 5 (6-ounce) servings.

*Note: To reduce fat, you may substitute low-fat milk or evaporated skim milk for the half-and-half.

Nutrition facts per serving: 224 cal., 17 g total fat (10 g sat. fat), 39 mg chol., 56 mg sodium, 15 g carbo., 0 g fiber, and 4 g pro. Daily Values: 13% vit. A, 1% vit. C, 11% calcium, and 0% iron.

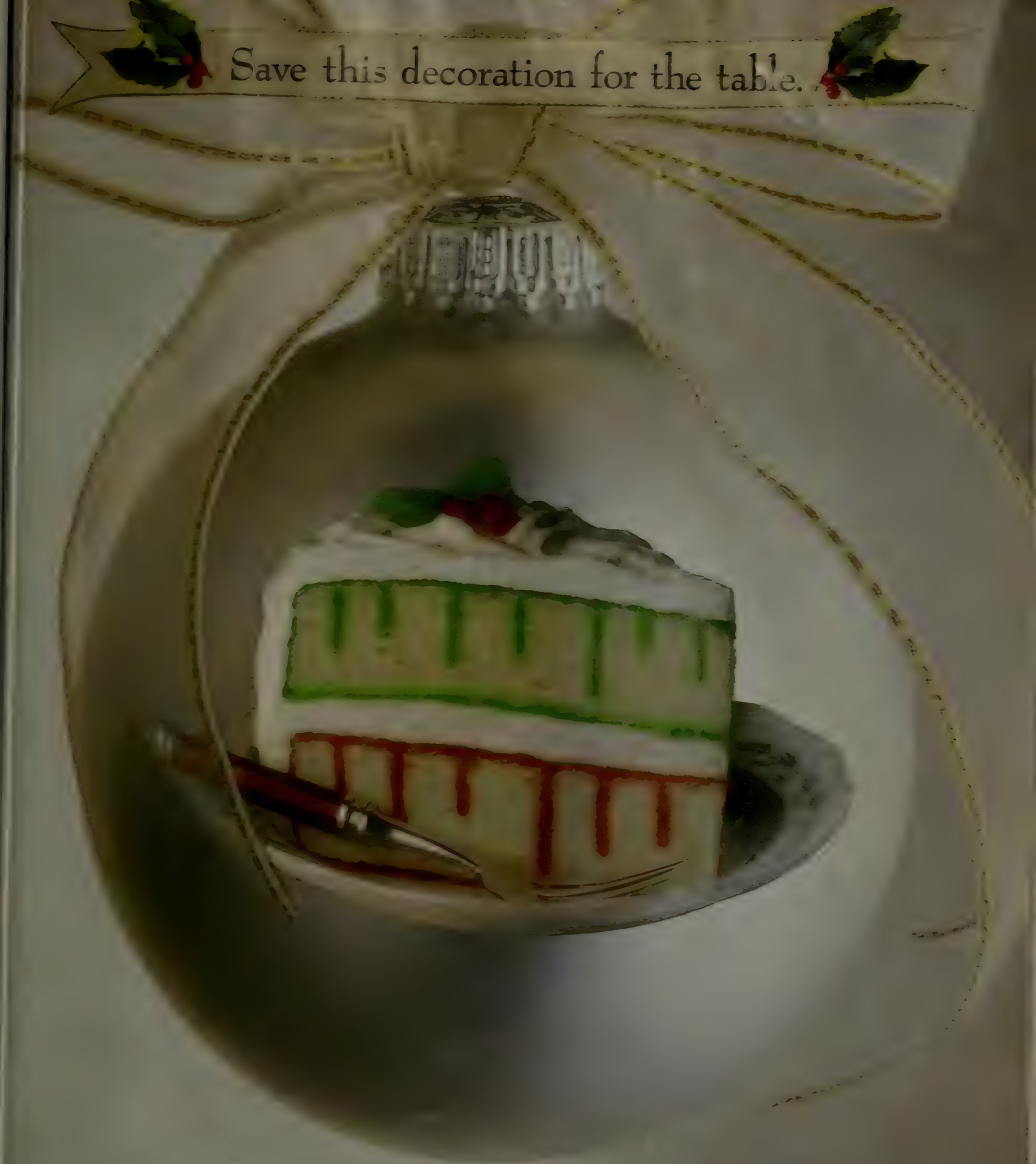
PISTACHIO PORK ROAST

To guarantee your sauce a light, pretty color, use natural, undyed nuts.

- 2 1½-lb. boneless pork loin roasts (Chef's Prime)
- 1 small sweet green pepper, seeded, and finely chopped
- 1 cup finely chopped onion
- 1 tsp. minced garlic (2 to 3 cloves)

continued on page 158

Save this decoration for the table.



HOLIDAY POKE CAKE

Preparation Time: 15 minutes

2 baked 9–inch round white cake layers, cooled
2 cups boiling water
1 pkg. (4–serving size) JELL–O® Brand Gelatin, any red flavor
1 pkg. (4–serving size) JELL–O® Brand Lime Flavor Gelatin
1 tub (12 oz.) COOL WHIP® Whipped Topping, thawed

PLACE cake layers, top sides up, in two 9–inch round cake pans. Pierce cake with large fork at 1/2–inch intervals.

STIR 1 cup of the boiling water into each flavor gelatin in separate bowls 2 minutes or until completely dissolved. Carefully pour red gelatin over 1 cake layer and lime gelatin over the other. Refrigerate 3 hours.

DIP 1 cake pan in warm water 10 seconds; unmold onto serving plate. Spread with about 1 cup of the whipped topping. Unmold second cake layer; place on first cake layer. Frost with remaining whipped topping.

REFRIGERATE until ready to serve. Decorate as desired. Makes 12 servings.

For highest quality use products as listed. Do not substitute.

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A Holiday Treat
from Nestlé Toll House® Morsels
and Diamond® Walnuts
to sweeten the winter season.

Chocolate Walnut Toffee Candy

- **1 cup (2 sticks) butter or margarine**
- **1 cup granulated sugar**
- **2 cups (12-oz. pkg.) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels, divided**
- **1 cup finely chopped DIAMOND® Walnuts, divided**

HEAT butter and sugar in medium-size, heavy saucepan to boiling over medium heat, stirring constantly. Boil for 6 minutes or until golden colored, stirring constantly. Pour into buttered 9-inch square baking pan; let stand for 3 minutes or until top begins to firm.

SPRINKLE *1 cup* morsels over candy. Let stand for 5 minutes or until morsels are shiny; spread chocolate over surface. Sprinkle *½ cup* walnuts over chocolate; press down slightly. Chill for 15 minutes or until chocolate is firm.

INVERT candy onto waxed paper-lined tray. Microwave *remaining* morsels in small microwave-safe bowl on HIGH (100%) power for 1 minute; stir. Microwave for additional 10 to 20 second intervals, stirring until smooth. Remove excess moisture from candy surface. Spread chocolate over candy. Sprinkle with *remaining* walnuts; press down slightly. Chill until firm. Break into bite-size pieces. Store in refrigerator.

Makes about 3 dozen pieces.
Preparation time: 12 minutes



Holiday Recipes

continued from page 156

- 2 Tbsp. cooking oil
- 1 cup shredded carrot
- ½ cup chopped natural pistachios
- 1 Tbsp. fennel seed
- 1 Tbsp. lemon-pepper seasoning
- 1 recipe Madeira Sauce (see recipe, below)
- Roasted fennel (optional)
- Fresh rosemary (optional)

Remove fat from surface of meat. To butterfly each loin for stuffing, lay the meat flat on a cutting surface. Make a single lengthwise cut horizontally through the center of the loin, cutting to within ½ inch of the other side (see photo, below). Spread open. Cover each loin with clear plastic wrap. Pound each with a meat mallet to make a 12x7-inch rectangle. For filling, in a medium skillet cook chopped sweet pepper, onion, and garlic in hot cooking oil about 5 minutes or till vegetables are tender, stirring often. Stir in shredded carrot and pistachios.



To butterfly each pork roast, make a lengthwise cut to within 1 inch of the center of the loin.

Remove plastic wrap from roasts. Spread half of the vegetable mixture evenly over each loin to within ½ inch of edge.

Roll up from short sides. [illegible] nel seed and lemon- [illegible] ning; crush finely. [illegible] ure into the top and [illegible] ll. Tie rolls with string, [illegible]

Place meat rolls, seam side down, on a rack in a shallow roasting pan. Insert a meat thermometer in the center of one roll. Roast, uncovered, in a 325° oven for 1¼ to 1½ hours or till meat thermometer registers 155°. Cover roasts and let stand for 10 to 15 minutes.

Remove the strings. Slice meat. Transfer meat to a serving platter. Garnish with roasted fennel slices and rosemary, if desired. Serve with Madeira Sauce. Makes 10 servings.

Madeira Sauce: In a 2-quart saucepan cook ⅓ cup chopped onion and ⅓ cup chopped carrots in 3 tablespoons margarine or butter for 5 minutes or till tender. Stir in 1½ teaspoons sugar. Cook for 5 minutes more.

Stir in 2⅔ cups reduced-sodium chicken broth. Bring to boiling; reduce heat. Simmer, uncovered, for 30 minutes.

Strain sauce; return to saucepan. Stir together ¼ cup Madeira wine and 2 tablespoons cornstarch; add to saucepan. Cook and stir till thickened and bubbly; cook and stir for 2 minutes more. Stir in ¼ cup chopped pistachios and a dash pepper. Makes about 2 cups.

Nutrition facts per serving: 321 cal., 20 g total fat (6 g sat. fat), 70 mg chol., 598 mg sodium, 11 g carbo., 2 g fiber, and 23 g pro. Daily Values: 68% vit. A, 11% vit. C, 3% calcium, and 12% iron.

MARINATED BROCCOLI AND ROASTED PEPPERS

Holiday red and green lure all eyes to this salad, as tasty as it is attractive.

- 2 lb. broccoli
- ⅓ cup white vinegar
- ⅓ cup olive oil or salad oil
- 2 Tbsp. sugar
- ½ tsp. dried tarragon, crushed
- ½ tsp. dried thyme, crushed
- ½ tsp. dry mustard
- 1 7-oz. jar roasted red sweet peppers or whole pimiento, drained and cut into bite-size pieces

continued on page 160

For this, they'd go over the river and through the woods.

When you combine crunchy, nutty Diamond® Walnuts and the rich, creamy taste of Nestlé® Toll House® Morsels, nobody can resist. So make this Holiday memorable with our luscious Toll House Fudge.



Toll House® Fudge

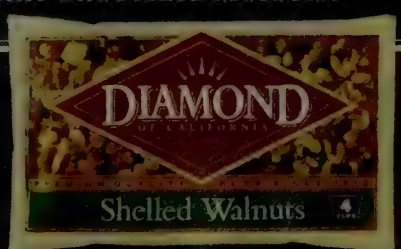
EASY AS 1 2 3

2 tbsp. butter
1 1/2 cups sugar
2/3 cup Carnation® Evaporated Milk
1/4 tsp. salt
2 cups (4 oz.) mini marshmallows
1 1/2 cups (9oz.) Nestlé Toll House® Semi-Sweet Chocolate Morsels
1 cup chopped Diamond Walnuts
1 tsp. vanilla extract

Bring butter, sugar, evaporated milk and salt to a boil in medium-size, heavy saucepan over medium heat, stirring constantly. Boil for 4 to 5 minutes, stirring constantly. Remove from heat. Stir in marshmallows, morsels, walnuts and vanilla. Stir vigorously for 1 minute or until marshmallows are melted. Pour into foil-lined 8" square pan. Sprinkle with walnuts, if desired. Chill until firm. Makes 2 pounds.

VARIATIONS: MILK CHOCOLATE FUDGE: Substitute 2 cups (11.5 oz. pkg.) Nestlé Toll House Milk Chocolate Morsels. BUTTERSCOTCH FUDGE: Substitute 2 cups (12 oz. pkg.) Nestlé Toll House Butterscotch Flavored Morsels. MINT CHOCOLATE FUDGE: Substitute 1 1/2 cups (10 oz. pkg.) Nestlé Toll House Mint-Chocolate Morsels.





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NESTLÉ TOLL HOUSE MORSELS & DIAMOND WALNUTS. WHAT HOLIDAY MEMORIES ARE MADE OF.

continued from page 158

Wash broccoli and trim off tough ends. Cut broccoli into spears. Cook, covered, in a small amount of boiling salted water about 8 minutes or till crisp-tender. Drain. Cover and chill for several hours.

Meanwhile, for dressing, in a medium mixing bowl combine the white vinegar, olive or salad oil, sugar, tarragon, thyme, mustard, and ½ teaspoon *salt*. Stir in red peppers or pimiento. Cover and chill for several hours. Arrange broccoli on a lettuce-lined platter; spoon marinated red peppers atop. Makes 8 to 10 side-dish servings.

Nutrition facts per serving: 125 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 158 mg sodium, 10 g carbo., 4 g fiber, and 3 g pro. Daily Values: 28% vit. A, 201% vit. C, 4% calcium, and 9% iron.

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WHEAT BERRY PILAF

The winning combo of wheat berries and barley cooks together to create a tantalizing chewy texture.

- 1 cup wheat berries (6½ oz.)
- 1 cup pearl barley (7 oz.)
- 4 cups water
- 1 14½-oz. can chicken broth
- ½ tsp. dried Italian seasoning, crushed
- ¼ tsp. salt
- ¼ tsp. pepper
- 1½ cups finely chopped onion
- 1 tsp. minced garlic (3 cloves)
- 1 Tbsp. olive oil
- 1 cup loose-pack frozen peas
- ½ cup sweet red pepper strips

In a 3-quart saucepan combine wheat berries, barley, water, broth, Italian seasoning, salt, and pepper. Bring to boiling; reduce heat. Cover and simmer for 40 to 50 minutes or till grains are chewy-tender and liquid is almost absorbed.

Meanwhile, in a large skillet cook onion and garlic in hot olive oil over medium-low heat about 10 minutes or till onion is tender but not brown. Add onion mixture, peas, and sweet red pepper to cooked grains. Simmer, uncovered, for 1 to 2 minutes or till peas are heated through. Makes 10 to 12 side-dish servings (about 8 cups).

Nutrition facts per serving: 172 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 201 mg sodium, 33 g carbo., 5 g fiber, and 6 g pro. Daily Values: 4% vit. A, 19% vit. C, 2% calcium, and 13% iron.

SWEET POTATO SWIRLS

These pretty swirls are piped onto their own edible sweet potato platters.

- 3½ lb. yams or sweet potatoes (5 to 6 large)
- 2 Tbsp. margarine or butter
- 2 Tbsp. frozen orange juice concentrate, thawed
- 1 egg
- 2 Tbsp. margarine or butter, melted
- 2 Tbsp. brown sugar



Be sure yams are completely pureed so the mixture will not clog the tip of the pastry tube.

Slice 1 or 2 yams or sweet potatoes on the bias to make 8 to 10 ½-inch-thick slices.

Cook remaining yams, covered, in boiling water for 20 to 30 minutes or till tender, adding *unpeeled* yam slices the last 8 to 10 minutes of cooking time. Drain; cool slightly. Set aside slices.

Halve the whole yams lengthwise; use a spoon to scrape out pulp. Transfer the yam pulp to a large mixing bowl.

Beat yam pulp with an electric mixer on low speed till yams are completely smooth. Beat in 2 tablespoons margarine or butter, orange juice concentrate, and egg.

Place cooked yam slices on a baking sheet. Using a decorating bag with a large star tip, pipe a decorative mound of mashed potatoes onto each slice.

Or, with a spoon, dollop a mound of mashed potatoes atop each yam slice. Drizzle with 2 tablespoons melted margarine. Sprinkle mixture with brown sugar.

Bake in a 400° oven for 15 to 20 minutes or till heated through; let stand 3 minutes.

With a spatula, carefully transfer slices to a serving platter. Makes 8 to 10 servings.

Nutrition facts per serving: 237 cal., 7 g total fat (1 g sat. fat), 27 mg chol., 91 mg sodium, 42 g carbo., 6 g fiber, and 4 g pro. Daily Values: 345% vit. A, 74% vit. C, 4% calcium, and 5% iron.

PEAR AND BLUE-CHEESE-WALNUT SALAD

Sophisticated, but simple on the hostess: Combine pears, blue cheese, and walnuts on a palette of interesting greens.

- 3 medium pears
- 2 Tbsp. lemon juice
- Mixed salad greens
- 2 oz. blue cheese, crumbled (½ cup)
- 1 recipe Candied Walnuts or Pecans (see recipe, page 164)
- 1 recipe Pear-Nectar Vinaigrette (see recipe, page 164)

Halve and core pears. Thinly slice pears; brush with lemon juice to prevent browning. (This may be done up to 1 hour ahead.)

To arrange salads, line plates with salad greens. Fan pear slices atop each serving. Sprinkle with some crumbled cheese and Candied

continued on page 164

KRUPS

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RECIPE SECRETS® HERBED CHICKEN & POTATOES

- 1 pound all-purpose potatoes, thinly sliced
- 8 lemon slices* (optional)
- 4 bone-in chicken breast halves
- 1 envelope Lipton Recipe Secrets Savory Herb with Garlic or Golden Herb with Lemon Soup Mix
- ⅓ cup water
- 1 tablespoon olive oil

Preheat oven to 375°. In 13 x 9-inch baking or roasting pan, combine potatoes and lemon slices; arrange chicken on top. Pour Savory Herb with Garlic Soup Mix blended with water and oil over chicken and potatoes. Bake uncovered 50 minutes or until chicken is done and potatoes are tender. Makes about 4 servings.

* NOTE: If using Lipton Recipe Secrets Golden Herb with Lemon Soup Mix, omit lemon slices.

Sara Lee Pound Cake Cobbler

- 1 SARA LEE Pound Cake (10.75 oz.), frozen
- 1 can (21 oz.) cherry or blueberry pie filling
- ⅓ cup water
- ½ tsp. almond extract
- 2 Tbsp. toasted sliced almonds (optional)
- Vanilla ice cream or whipped topping

Cut pound cake into 1" cubes. Place cubes in a 1½ quart microwave-safe casserole or 9-inch pie plate. In a small bowl, combine pie filling, water and almond extract. Spoon pie filling over cubed cake and sprinkle with almonds. Cover with plastic wrap and microwave on high 5 to 7 minutes, or until hot. Serve warm with ice cream or whipped topping, if desired. Makes 6 servings.

Fresh Fruit Option: Substitute 2 cups fresh blueberries, raspberries, sliced peaches or pitted cherries mixed with ¼ cup apricot jam for the pie filling.

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Jelly Belly® Holiday Bark

bag (12 oz.) milk chocolate chips
cup (6 oz.) JELLY BELLY® jelly beans: Very Cherry, Green Apple and Coconut flavors

our chocolate chips in a 2-cup glass measuring up and microwave 2 to 4 minutes until barely elted, being careful not to overcook. Or, melt ocolate on top of a double boiler. Stir to be re all the chips are completely melted. On wax aper pour out chocolate into a 2-inch puddle, preading to about ¼-inch thickness. While still ot, sprinkle about 15 Jelly Belly® beans on ch, and press beans lightly into the chocolate. llow to cool completely. Makes 8 pieces, about to 20 servings.

Philadelphia Cream Cheese Spread

- 1 pkg. (8 oz.) PHILADELPHIA Cream Cheese, softened
- ¼ cup margarine or butter, softened
- 1 clove garlic, minced
- 1 Tbsp. snipped parsley
- 1 Tbsp. water
- 2 tsp. white wine vinegar
- 1 tsp. Worcestershire sauce
- 1 tsp. Herbes de Provence, crushed
- ¼ tsp. seasoned salt
- Assorted crackers

In medium bowl stir together cream cheese, margarine or butter, garlic, parsley, water, vinegar, Worcestershire sauce, Herbes de Provence (see below) and seasoned salt. Cover and refrigerate overnight. Serve with crackers. Makes 1¼ cups.

nce: In a small storage con- tablespoon dried *marjoram*, tablespoon dried *thyme*, 1 tablespoon dried *savory*, 1 teaspoon dried *basil*, 1 teaspoon dried *rosemary*, ½ teaspoon dried *sage* and ½ teaspoon *fennel seed*. Store in airtight cover. Crush before using.

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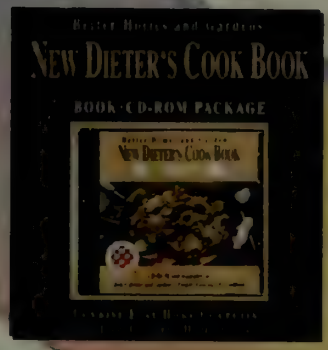
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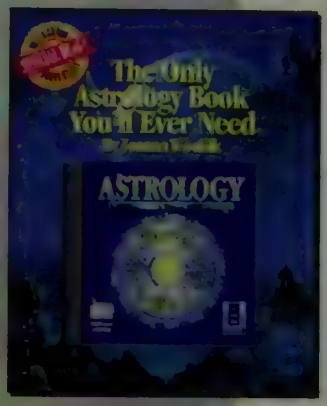
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Holiday Recipes

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Walnuts or Pecans. Use only ¾ cup Pear-Nectar Vinaigrette to drizzle over all; reserve the rest for another use. Makes 8 side-dish servings.

Candied Walnuts or Pecans: Line a baking sheet with foil. Butter the foil; set aside. In a heavy 10-inch skillet combine 1 cup walnuts, ½ cup sugar, and 2 tablespoons margarine or butter. Cook over medium-high heat, shaking skillet occasionally till sugar begins to melt. *Do not stir.* Reduce heat to low and cook till sugar is golden brown, stirring occasionally. Remove from heat. Pour onto prepared baking sheet. Cool completely. Break into clusters. Makes about 10 ounces.

Pear-Nectar Vinaigrette: In a screw-top jar combine ⅓ cup white wine vinegar, ⅓ cup salad oil, ⅓ cup pear nectar, 1 teaspoon Dijon-style mustard, ¼ teaspoon salt, and ⅛ teaspoon pepper. Cover and shake well to mix. Store in the refrigerator for up to 1 week. Shake before serving. Makes about 1 cup.

Nutrition facts per serving: 287 cal., 21 g total fat (4 g sat. fat), 5 mg chol., 215 mg sodium, 24 g carbo., 3 g fiber, and 5 g pro. Daily Values: 20% vit. A, 36% vit. C, 7% calcium, and 8% iron.

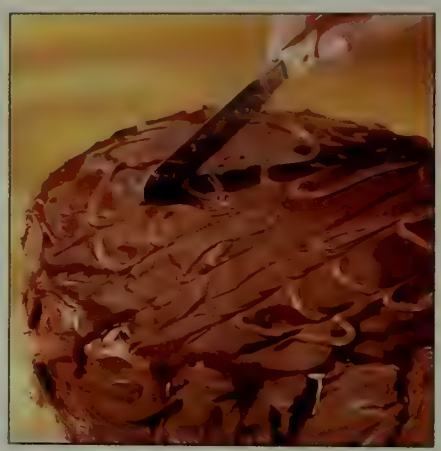
CHOCOLATE BRANDY CAKE

For this sweet indulgence, choose a top-grade chocolate. Then even those who opt for "just a sliver" will get their just reward.

- 8 oz. bittersweet or semisweet chocolate, cut up
- 2 cups all-purpose flour
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 cup sugar
- 2 eggs
- 1 cup cooking oil
- ⅓ cup brandy
- ¾ cup sour milk
- ¼ cup brandy
- 1 recipe Chocolate Buttercream Frosting (see recipe, right)
- 1 recipe Chocolate Glaze (see recipe, right)
- 1 tsp. water
- 1 recipe Chocolate Leaves (see recipe, right)
- Fresh raspberries (optional)

In a small heavy saucepan melt chocolate over low heat, stirring often. Cool. In a small mixing bowl stir together flour, baking soda, and salt; set aside.

In a large mixing bowl combine sugar, eggs, oil, and ⅓ cup brandy; beat with an electric mixer on low speed till combined. Beat on medium speed for 3 minutes. Beat in melted chocolate. Add flour mixture and sour milk alternately to beaten mixture, beating on low speed after each addition just till combined.



After piping the thinned frosting atop cake, pull the tip of a spatula in diagonal lines through the piping and glaze.

Pour batter into 3 greased and floured 9x1½-inch round baking pans. Bake in a 350° oven about 20 minutes or till a toothpick inserted near the centers comes out clean.

Cool in pans on wire racks for 10 minutes. Remove cakes from pans. Cool thoroughly on racks, bottoms up. With a long-tined fork, poke holes in the bottoms of the cakes. Sprinkle each layer with *4 teaspoons* of the brandy.

To frost cake, reserve about *¼ cup* of the Chocolate Buttercream Frosting. Place 1 cake layer on a serving platter. Spread with some of the remaining frosting. Repeat layers twice, spreading about ¾ cup frosting smoothly onto top of cake. Spread sides of cake with remaining frosting. Refrigerate cake about 20 minutes or till frosting is set.

Carefully spread Chocolate Glaze over top of the cake, allowing glaze to drip down the sides. Stir the water into reserved frosting. Pipe frosting onto top of cake in a decorative pattern. Pull the tip of a spatula or knife in diagonal lines 1 inch apart across the piped lines (see photograph, left). Decorate with Chocolate Leaves and fresh raspberries, if desired. Chill to store. Let stand at room temperature 1 hour before serving. Makes 16 servings.

Chocolate Buttercream Frosting: In a small mixing bowl beat 1 cup softened butter till fluffy. Gradually add 3¾ cups sifted powdered sugar and 1 cup unsweetened cocoa powder, beating well. Slowly beat in ½ cup milk, 3 tablespoons brandy or milk, and 1½ teaspoons vanilla. Slowly beat in an additional 4 cups sifted powdered sugar. Beat in additional milk or powdered sugar, if needed to achieve a spreading consistency. Makes 5¾ cups frosting.

Chocolate Glaze: In a small saucepan over low heat, melt 2 ounces bittersweet or semisweet chocolate, cut up, with 2 tablespoons margarine or butter, stirring frequently. Remove from heat; stir in ¾ cup sifted powdered sugar and 2 tablespoons hot water. Stir in additional hot water, if necessary, ½ teaspoon at a time, till smooth. Cool slightly (about 5 minutes). Makes about ½ cup glaze.

Chocolate Leaves: Melt 6 ounces semisweet chocolate or white baking bar; cool. Stir in 3 tablespoons light corn syrup till combined. Turn mixture onto a large sheet of waxed paper. Let stand at room temperature about 6 hours or till dry.

Gently knead for 10 to 15 strokes or till smooth and pliable. To make a lighter-colored chocolate, knead some white chocolate into dark chocolate. If the mixture is too soft,

continued on page 166



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SEAFOOD DIP

2 pkgs. (8 oz. each) reduced-fat cream cheese
1 pkg. (8 oz.) Louis Kemp Crab Delights flakes
2 Tbsp. finely chopped onion
1 Tbsp. prepared horseradish
1 tsp. Worcestershire sauce
4 to 5 drops hot pepper sauce
1/4 cup finely chopped walnuts
Paprika

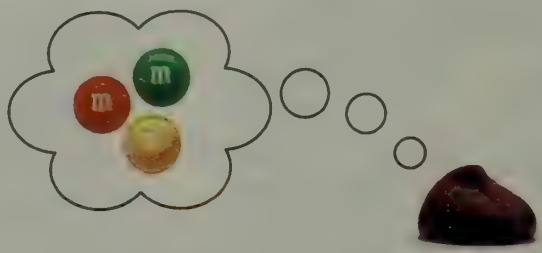
Stir the cream cheese until slightly softened. Blend in remaining ingredients except walnuts and paprika. Spread mixture in a 9-inch pie plate. Top with walnuts and sprinkle with paprika. Bake uncovered at 375° F for 25 minutes until lightly browned. For more recipes, call 1-800-522-1421.



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Secretly, all chocolate chips harbor a desire to splash around in a colorful candy shower.





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Holiday Recipes

continued from page 164

chill in the refrigerator about 15 minutes or till easy to handle. Or, if desired, knead in enough powdered sugar to make the mixture stiff. Store unused chocolate in a sealed plastic bag at room temperature for 3 to 4 weeks. (It will stiffen during storage. Knead the mixture till it is pliable before using.)

To make leaves, shape a portion of chocolate mixture into a ball. Flatten slightly; place between 2 sheets of waxed paper dusted with powdered sugar.

Roll to ⅛-inch thickness. Using small hors d'oeuvre or cookie cutters, cut the chocolate mixture into leaf shapes. Carefully lift the cutouts from the waxed paper and place atop and around cake. If desired, place smaller leaves on top of the larger leaves.

Nutrition facts per serving: 691 cal., 34 g total fat (14 g sat. fat), 63 mg chol., 261 mg sodium, 91 g carbo., 2 g fiber, and 6 g pro. Daily Values: 14% vit. A, 0% vit. C, 8% calcium, and 14% iron.

TRIPLE FRUIT PIE

Dried apricots and cherries join fresh pears to create a taste sensation—and forge your reputation as a cook.

- 1 cup dried apricots, quartered
- 1 cup rum or orange juice
- ¾ cup dried cherries, snipped
- 6 to 8 medium pears, such as Anjou, Bartlett, Bosc, and/or Comice (4 cups sliced)
- 2 Tbsp. crystallized ginger, finely chopped, or ½ tsp. ground ginger
- 1 Tbsp. finely shredded lemon peel
- 1 cup sugar
- 2 Tbsp. quick-cooking tapioca
- 2 Tbsp. all-purpose flour
- 1 recipe Crunchy Pastry (see recipe, page 167)
- 1 slightly beaten egg
- 2 Tbsp. water
- 1 Tbsp. sugar

For filling, in a small saucepan combine the apricots, rum or orange juice, and cherries. Bring to boiling; reduce heat. Simmer gently, uncovered, till most of the liquid is evaporated and fruit is moist. Peel, core, and slice pears into ¼-inch-thick slices. In a large mixing bowl combine apricot mixture, pear slices, ginger, lemon peel, the 1 cup sugar, tapioca, and flour.

Transfer the fruit mixture to a 9-inch pie plate lined with Crunchy Pastry. Adjust top crust over filling; pierce surface with a fork. Seal and flute edge. Combine the beaten egg and water. Brush egg mixture onto crust; sprinkle with the 1 tablespoon sugar. Place on a baking sheet; bake in a 350° oven for 75 minutes or till

pastry is golden and fruit is tender. Serve warm. Makes 8 servings.

Crunchy Pastry: In a mixing bowl stir together 2 cups all-purpose flour and ¼ cup toasted wheat germ. Cut in ⅔ cup butter till pieces are the size of small peas. Sprinkle 1 tablespoon water over part of the mixture; gently toss with a fork. Push to the side of the bowl. Repeat till all is moistened, using a total of about 8 to 10 tablespoons of water. Divide dough in half; shape each half into a ball.

On a lightly floured surface, flatten 1 ball of dough with hands. Roll dough from center to edges, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll onto a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim the pastry even with the rim of the pie plate. For top crust, roll remaining dough into a 10-inch circle.

Nutrition facts per serving: 598 cal., 17 g total fat (10 g sat. fat), 68 mg chol., 166 mg sodium, 93 g carbo., 6 g fiber, and 7 g pro. Daily Values: 33% vit. A, 10% vit. C, 3% calcium, and 20% iron.

ROSEMARY SATIN DINNER ROLLS

These savory, satiny rolls thank cottage cheese for their moistness.

- 2½ to 3 cups all-purpose flour
- 1 pkg. active dry yeast
- ⅔ cup cream-style cottage cheese
- ¼ cup water
- ¼ cup margarine or butter
- 2 Tbsp. finely chopped onion
- ½ tsp. salt
- ½ tsp. dried rosemary, crushed
- 1 egg
- 1 slightly beaten egg yolk
- 1 Tbsp. water

In a large mixing bowl stir together *¾ cup* of the flour and the yeast; set aside. In a small saucepan combine cottage cheese, ¼ cup water, margarine or butter, onion, salt, and crushed rosemary.

Heat and stir till warm (120° to 130°) and margarine or butter is almost melted. Add cheese mixture to flour mixture. Add the whole egg. Beat with an electric mixer on low speed for 30 seconds. Beat on high speed for 3 minutes. Using a spoon, stir in as much of the remaining flour as you can.

Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape into a ball. Place in a greased bowl, turning once to grease the surface. Cover and let rise in a warm place about 1 hour or till double.

continued on page 168



With Lipton's special blend of herbs and seasonings, you can create...

RECIPE SECRETS® LEMON-TWIST CHICKEN

- 2 tablespoons olive or vegetable oil
- 4 boneless, skinless chicken breast halves (about 1 lb.)
- 1 envelope Lipton Recipe Secrets Golden Herb with Lemon Soup Mix*
- 1¼ cups water
- 1 tablespoon honey
- 1 teaspoon soy sauce

In 12-inch skillet, heat oil over medium-high heat and brown chicken. Stir in Golden Herb with Lemon Soup Mix blended with water, honey and soy sauce. Bring to a boil over high heat. Reduce heat to low and simmer uncovered 10 minutes or until chicken is done. Serve, if desired, over hot cooked noodles or rice. Makes about 4 servings.

*Also terrific with Lipton Recipe Secrets Savory Herb with Garlic or Golden Onion Soup Mix.

Holiday Recipes

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Punch dough down. Cover and let rest 10 minutes. Divide dough into 12 balls. Place each in a greased muffin cup or shape into desired dinner roll shapes. Stir together the egg yolk and 1 tablespoon water; brush onto dough. Cover; let rise in a warm place till nearly double (about 30 minutes). Bake in a 400° oven for 12 to 15 minutes or till golden. Makes 12 rolls.

Make-ahead directions: Prepare dough as directed, except refrigerate shaped, unbaked rolls, covered, for 2 to 24 hours. Let stand at room temperature for 40 minutes before baking. You may need to bake an additional 3 to 5 minutes.

Nutrition facts per roll: 147 cal., 5 g total fat (3 g sat. fat), 47 mg chol., 181 mg sodium, 19 g carbo., 1 g fiber, and 5 g pro. Daily Values: 7% vit. A, 0% vit. C, 1% calcium, and 9% iron.

MULLED CRANBERRY CIDER

(see photo, page 78)

- 1 small orange
- 8 cups cranberry-raspberry drink
- ¼ cup packed brown sugar
- 6 inches stick cinnamon
- 1 tsp. whole cloves
- 1 star anise (optional)
- Orange peel strips (optional)

Using a vegetable peeler, remove orange peel; squeeze juice from the orange, discarding seeds and pulp. In a large saucepan combine orange juice, cranberry-raspberry drink, and brown sugar. In an 8-inch square of 100% cotton cheesecloth combine orange peel strips, cinnamon, whole cloves, and star anise.

Bring up corners of cheesecloth and tie with cotton string. Add to saucepan. Bring mixture to boiling; reduce heat. Cover and simmer for 10 minutes. Remove and discard spices. Serve warm. Garnish with additional orange peel, if desired. Makes 10 (6-ounce) servings.

Nutrition facts per serving: 53 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 8 mg sodium, 12 g carbo., 0 g fiber, and 0 g pro. Daily Value: 0% vit. A, 152% vit. C, 1% calcium, 2% iron.

GARDEN CHEDDAR CROCK

(see photo, page 77)

- 1 8-oz. tub cream cheese
- ¼ cup margarine or butter, softened
- 3 Tbsp. milk
- 1 Tbsp. spicy brown or Dijon-style mustard
- 1 cup finely shredded cheddar cheese (4 oz.)
- ⅓ cup thinly sliced green onion
- ¼ cup drained and chopped oil-pack dried tomatoes
- Dash bottled hot pepper sauce
- Sweet pepper and jicama strips, breads, and crackers (optional)

In a small bowl stir together cream cheese and margarine or butter. Stir in milk and mustard. Stir in cheddar cheese, *¼ cup* of the green onion, dried tomatoes, and hot pepper sauce. Transfer to a small crock or serving dish. Cover and chill for 4 to 24 hours. At serving time, sprinkle with remaining green onion. Serve with sweet pepper and jicama strips, breads, and crackers, if desired. Makes 2 cups.

Nutrition facts per tablespoon: 55 cal., 5 g total fat (2 g sat. fat), 11 mg chol., 73 mg sodium, 1 g carbo., 0 g fiber, 2 g pro. Daily Value: 4% vit. A, 1% vit. C, 2% calcium, 0% iron.

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nutrition information

HOW TO MAKE IT WORK FOR YOU

Our seal assures you that every recipe has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

With each recipe, you'll find the calorie count and the amount of fat, saturated fat, cholesterol, sodium, carbohydrate, fiber, and protein, as well as levels of vitamins A and C, calcium, and iron. These are noted in percentages of the Daily Value, following dietary standards determined by the Food and Drug Administration.

HOW WE ANALYZE

- The analysis does not include optional ingredients.
- We use the first serving size listed when a range is given (such as "makes 4 to 6 servings").
- When ingredient choices appear in a recipe (such as "margarine or butter"), we use the first one mentioned for analysis.
- When milk is an ingredient in a recipe, the analysis is calculated using two-percent milk.

WHAT YOU NEED

The dietary guidelines below suggest the levels of nutrients that moderately active adults should strive to eat each day. There's no real harm in going over or under these guidelines in any single day, but it's a good idea to aim for a balanced diet over time.

Calories: About 2,000
Total fat: Less than 65 grams
Saturated fat: Less than 20 grams
Cholesterol: Less than 300 milligrams
Carbohydrate: About 300 grams
Sodium: Less than 2,400 milligrams
Dietary fiber: 20 to 30 grams



JIMMY DEAN® BRINGS COUNTRY GOODNESS TO YOUR HOLIDAY TABLE.

Sausage & Corn Quesadillas

1 pkg. Jimmy Dean Roll Sausage, cooked, drained and crumbled
11 oz. cream cheese
1/4 tsp. cayenne pepper
12 - 10" flour tortillas
8 oz. shredded monterey jack cheese
1 - 4 1/2 oz. can chopped green chilies, drained
1 - 10 oz. pkg. frozen corn, thawed
3/4 tsp. salt

Mix softened cream cheese and cayenne pepper in a small bowl. Spread mixture evenly on 6 tortillas. Sprinkle sausage, cheese, chilies, corn and salt evenly over the 6 tortillas. Top with remaining tortillas; press down. Bake on lightly greased cookie sheet in preheated 350° oven for 10 min, flipping after 5 min. Cut each quesadilla into 8 wedges and serve immediately. **Makes 48 wedges.**

Sausage Holiday Delights

1 pkg. Jimmy Dean Roll Sausage, cooked, drained and crumbled
8 oz. grated Swiss cheese
Juice of 1 lemon
1 tsp. finely minced garlic
1/2 tsp. dried thyme
1/2 c. mayonnaise
1 loaf thinly sliced white bread
Paprika

Combine first six ingredients; stir well. Using holiday-shaped cookie cutters, cut bases out of each slice of bread. Lightly toast. Place heaping tablespoon of mixture on each base; sprinkle with paprika. Broil 3-5 min., until cheese melts and bubbles slightly. **Makes 48.**

Pasta with Spinach and Sausage

1 pkg. Jimmy Dean Sausage, cooked, drained and crumbled
1-8 oz. pkg. sliced fresh mushrooms
2 cloves garlic, minced
3 Tbsp. olive oil
2-10 oz. pkgs. frozen chopped spinach, thawed and drained well
1 Tbsp. dried Italian seasoning
2-14 1/2 oz. cans chunky tomatoes, undrained
1 lb. penne or rigatoni pasta, cooked
Freshly grated Parmesan cheese

Cook mushrooms and garlic in olive oil in large skillet over medium heat, stirring constantly until tender. Add sausage, spinach, Italian seasoning and tomatoes. Cook 10 minutes. Add pasta and toss well. Serve with Parmesan cheese. **Serves 8.**



Taste that Country Goodness

©1995 Jimmy Dean Foods

by Carla Waldemar

Food Lover's Wish List

The tie might look good at the circus, and the earrings can be donated to a fortune teller, but nobody returns a gift of food. Chocolates won't go wanting, yet it's fun to assemble a package custom-designed to suit the passion of the recipient. Here are a few ideas.



Asian Flavors. Thai up a parcel of provocative Asian flavors, including sesame and chili oils, peanut and satay sauces, cucumber salad dressing, rice noodles, and chopsticks. Pop them into a wok or package with teacups and a set of bamboo place mats.



Tea for One. There are times (daily!) when only the comfort of a cup of tea will do. For the tea enthusiast on your list, choose an array of blends and a tea infuser. Pack them up with a pretty cup or pot, and slip in a small book of poetry.



I Love Garlic, and It Loves Me. For lusty palates who consider garlic the staff of life, collect the accoutrements this lifestyle requires: a garlic baker, a melting pan, a press, a slicer, and a head—or even a braid—of the object of their passion. Include breath mints.

Dressing Up. Oils and vinegars have gone uptown. Choose several small bottles of each in both sweet and savory flavors for the salad-lover in your life to mix and match. Package almond oil with raspberry vinegar or rosemary oil and balsamic vinegar. Present them in a wire mesh salad spinner, if you wish.

I Love Coffee. For the coffee connoisseur, assemble a selection of quarter-pound bags of exotic beans to explore. Include a CD of "mood music" (maybe the Coffee Cantata?) and a set of select espresso cups to savor the spectrum of brews.

Pizza Perfect. A do-it-yourself kit can include a pizza stone or pan, a cutter, focaccia mix or packaged crusts, and jars of toppings ranging from traditional red sauce to trendy favorites such as pesto and dried tomatoes. Delivery trucks, you're history!

A Walk on the Wild [illegible] For [illegible]urmands on the prowl for untamed flavors, ba[illegible] from the wilds: dried mushrooms or w[illegible] wild rice, wild game sausage, wild b[illegible]w about a mix for chocolate mousse? Herd them into a jungle-print bandanna and include a toy water pistol and homemade "hunting license" if you wish.

Top of the Line. Anyone on your list with champagne tastes but a Diet Coke budget? Treat these lovers of the good life to a taste of the best: a tiny jar of caviar, a packet of smoked salmon, a tin of pâté de foie gras, a chunk of well-aged cheese, and a single-serving bottle of champagne. Toss in rose-colored glasses, too.

First Aid Kit for Pasta Lovers. Sheaves of fettuccine in a rainbow of colors, jars of compatible sauces, and a chunk of well-aged Parmesan may save a trip to the Emergency Room for those on your list who suffer from pasta withdrawal. Wrap the noodles with their toppings in a tricolored dish towel and hum, "That's amore."

One Singular Sensation. Select a single mammoth, deep-dark, rich-as-Croesus chocolate truffle. Many come individually packaged for the holidays, or create a tree ornament such as a bright box or cornucopia to house your gift. Warning: It may not stay intact for long.

Have a very cherry Christmas.



PHILLY® 3-STEP™ Cherry Cheesecake

MIX 2 (8 oz.) pkgs. PHILLY® Cream Cheese *or*
PHILLY Neufchatel Cheese, 1/3 Less Fat than Cream Cheese, softened.
1/2 cup sugar
1/2 tsp. vanilla
Add 2 eggs

POUR into 1 prepared graham cracker crumb crust (6 oz. *or* 9-in.)

BAKE at 350°F for 40 minutes or until center is almost set. Cool; refrigerate at least 3 hours.
Spread with 1 (21 oz.) can cherry pie filling. Makes 8 servings.

PHILADELPHIA
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Best dishes this holiday season



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the clever cook

Each month in this column, you'll find tips from other good cooks. See below to find out how you can earn money for sharing your cooking secrets.

THE SCOOP ON COOKIES

When I make cookie dough, I freeze some for a rainy day. First, I use a small ice-cream scoop to form the dough into evenly sized balls. Then I freeze them on a baking sheet, and pop them into a plastic bag to store in the freezer. Whenever I have a craving for cookies fresh from the oven, I simply pull a couple of balls from the freezer and bake.

Dee Ford, Louisville, Ky.

DINNER IS SERVED

We used to have problems moving dinner guests into the dining room from the living room. Finally my husband decided to announce, "Dinner is served. There are 10 of you and only 9 places, so the last one to the table isn't going to get fed." You should see them hustle!

Nancy Bader, Boca Raton, Fla.

SPOONING SEPARATELY MAKES COUNTING EASY

When my recipe calls for several measuring spoonfuls of an ingredient, I place each spoon atop the mixture in a separate spot, so if I lose count, I can always recount my spoonfuls instead of wondering exactly how many spoons already are in the heap.

Joanne Bonica, Massapequa, N.Y.

CLING-FREE FROSTING

I use the plastic disks that keep delivery pizza from sticking to the box to place on frosted cakes so their plastic-wrap coverings won't stick either.

Donna M. Mulrain, E. Brunswick, N. J.

ARE YOU A CLEVER COOK?

The food editors of *Better Homes and Gardens®* magazine invite you to send us your niftiest kitchen tips. This month, we are looking for original, clever ideas that relate to holiday entertaining. We will pay $25 for each published tip. Send tips to: The Clever Cook, BH&G Food Department, 1716 Locust St., Des Moines, IA 50309-3023. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine.



Turn Ho-Hum Into Ho Ho Ho.

This holiday, it's out with the old and in with the new when you add Heinz Chili Sauce to your recipes. Its tangy flavor is all you need to make your next party joyful and triumphant.

Cheese 'N Chili Pita Triangles

1 cup shredded mozzarella cheese
1 cup shredded cheddar cheese
1/2 cup sliced green onions
1/3 cup Heinz Chili Sauce
1/4 cup mayonnaise
1/4 cup sliced pimiento-stuffed olives
4 (6-inch) whole pita breads, unsplit

Combine all ingredients except pitas. Spread pitas with cheese mixture. Bake in 375°F oven, 10-12 minutes. Let pitas stand 2-3 minutes, then cut into wedges. Makes 32 appetizers.



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FOOD

A Chocolate Companion

All chocolate is not created equal. Some may be eaten out of hand as a stand-in for fancy candy, while others—such as those squares labeled "unsweetened"—are strictly reserved for use in recipes. (A taste will tell you why.) Our guide reveals the character of each.

A CHOCOLATE LEXICON

All chocolate is made from roasted and ground cacao beans. Pure, or unsweetened, chocolate is made up of about 50 percent cocoa butter, derived from the cacao bean—a vegetable fat that gives chocolate its smooth texture.

Sweet chocolate contains at least 15 percent pure chocolate, extra cocoa butter, and sugar. It's delicious eaten straight from the package and is used in cooking and baking.

Milk chocolate contains at least 10 percent pure chocolate, extra cocoa butter, sugar, and milk or cream. This is often the chocolate of choice for candy bars, but it can be used for cooking and baking whenever you seek a sweet, mild flavor.

Semisweet, sometimes called bittersweet, chocolate has at least 35 percent pure chocolate in its makeup, along with extra cocoa butter and some sugar. This is often the chocolate of choice for truffles, fudge sauces, mousse, soufflés, and cakes.

Unsweetened, also called bitter or baking chocolate, is chocolate with no added sugar. As young kitchen culprits have discovered, it is too bitter to eat straight from the package and is used exclusively for cooking and baking when a deep, rich chocolate flavor is the goal.

Cocoa powder is made by pressing most of the cocoa butter from pure chocolate, resulting in a more intense chocolate flavor and lower fat content. European style cocoa has been "dutch-processed," or alkalized, which neutralizes the natural acidity found in cocoa powder, giving it a darker color and more mellow taste than regular cocoa powder.

You can substitute dutch-processed cocoa powder for unsweetened cocoa powder in recipes. You can use either type in place of chocolate by substituting 1 level tablespoon of cocoa powder plus 1 tablespoon vegetable shortening for each ounce of unsweetened chocolate.

Cake Flour Q&A

Q: ***When should I use cake flour?***
A: This specialty flour is an excellent choice for biscuits, pastries, crackers, and fine-textured cakes such as sponge cake or pound cake. You wouldn't want to use cake flour for yeast breads or baked goods because kneading or extensive mixing develops the gluten in the flour, which produces a coarse texture.

Q: ***What makes cake flour different from all-purpose flour?***
A: Cake flour is milled from soft wheat, which has a lower protein and gluten content. It works best when you want a fine-textured baked product. All-purpose flour is made from a combination of hard and soft wheats, which provides a moderate amount of protein suitable for most baking. All-purpose flour does not produce the fine texture that you get from cake flour.

Q: ***Do I need to sift cake flour?***
A: Yes. Because cake flour tends to pack more easily than all-purpose flour, our test kitchen suggests sifting cake flour and then spooning it into a dry measuring cup. Do not pack the flour. To level off the top, use a knife or flat-sided spatula.

Q: ***Can I substitute cake flour for all-purpose flour?***
A: Yes. One cup all-purpose flour equals 1 cup plus 2 tablespoons of cake flour.

Q: ***How do I store cake flour?***
A: Store cake flour as you would all-purpose flour, in an airtight container in a cool, dry place for up to 10 to 15 months. For longer storage, refrigerate or freeze.



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13" monitor	4 MB hard disk storage
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	(Preferred: Super VGA monitor and sound card)

For more cyber-spud recipes, check for potatoes on the eGG on America Online and at the Ketchum Kitchen: http://www.recipe.com

Potatoes
AMERICA'S FAVORITE VEGETABLE

Vinaigrette Basics

Originally from France, vinaigrette adds a refreshing tang to salad greens, chilled raw or cooked vegetables, and pasta salads.

In its simplest form, vinaigrette is the perfect balance of oil, vinegar, salt, and pepper, but other seasonings are often added. Simply combine the ingredients in a jar and give them a shake. Since it keeps for a couple of weeks in the refrigerator, prepare enough for several days of salad making.



Perk up fresh salad greens, pasta salads, or cooked vegetables with a drizzle of one of these five homemade vinaigrettes.

BASIC VINAIGRETTE

Making your own vinaigrette is more than easy; it's fun to try new flavor combinations. This jazzed-up version adds an herb, mustard, and sugar. Also try the four variations.

- ½ cup salad oil
- ⅓ cup white wine vinegar or vinegar
- 1 Tbsp. sugar
- 2 tsp. snipped fresh thyme, oregano, or basil; or ½ tsp. dried thyme, oregano, or basil, crushed
- ½ tsp. paprika
- ¼ tsp. dry mustard or 1 tsp. Dijon-style mustard
- ⅛ tsp. pepper

In a screw-top jar mix oil, vinegar, sugar, herb, paprika, mustard, and pepper. Cover; shake well. Store in the refrigerator for up to 2 weeks. Shake before serving. Makes ¾ cup (twelve 1-tablespoon...

Nutrition facts per tablespoon: 85 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 0 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Value: 0% vit. A, 0% vit. C, 0% calcium, 1% iron.

Red Pepper Vinaigrette: Prepare the vinaigrette as directed, except omit the herb and add a dash ground red pepper.

Parmesan Vinaigrette: Prepare the vinaigrette as directed, except use oregano for the herb. Add 2 tablespoons grated Parmesan cheese, ¼ teaspoon celery seed, and 1 clove garlic, minced.

Red Wine Vinaigrette: Prepare the vinaigrette as directed, except decrease the vinegar to 3 tablespoons. Use 1 teaspoon each of fresh thyme and oregano for the herb. Add 2 tablespoons dry red wine and 1 clove garlic, minced.

Garlic Vinaigrette: Prepare the vinaigrette as directed, except omit the herb and paprika. Add 2 large cloves garlic, minced.

One-Pan Potatoes and Chicken Teriyaki



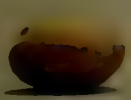
medium potatoes, cut into thin wedges & microwaved 8 to 10 minutes until tender
lb. boned and skinned chicken breasts, cut into long 1/2-inch slices
Tbsp. vegetable oil
/2 cup sliced green onions
/4 cup prepared teriyaki sauce

hile potatoes cook, in large skillet toss and own chicken in oil over high heat 5 minutes. dd potatoes; sauté and toss until potatoes are ghtly browned. Add onions and teriyaki sauce; ss until heated through.

ime: 20 minutes Servings: 4
r Serving: 280 cal., 9 g fat, 45 mg chol., 0 mg sodium, 28 g carb., 21 g pro.

THE POTATO BOARD

AMERICA'S Potatoes VEGETABLE



ROUND WHITE



RED



LONG WHITE



RUSSET

by Joy Taylor

Instant Appetizers

Include these impressive and budget-wise appetizers in your bag of cooking tricks. Each tasty recipe uses just four ingredients. When friends drop by for a bit of holiday cheer, you can fix and serve these nibbles fast.



Few ingredients, great taste: Pesto Pockets, Zucchini Canapés, and Cajun Wonton Chips.

CAJUN WONTON CHIPS

Pop these crispy, crunchy, spicy chips into the oven instead of the fryer.

- 12 wonton wrappers
- Nonstick spray coating
- 1 Tbsp. margarine or butter, melted
- ½ tsp. Cajun seasoning

Cut wontons in half diagonally. Spray a baking sheet with nonstick coating. Place wonton triangles on baking sheet.

In a small bowl combine margarine or butter and Cajun seasoning. Brush tops of wontons with the mixture. Bake in a 400° oven for 4 to 6 minutes or till crisp. Makes 6 servings (4 chips each).

Nutrition facts per serving: 45 cal., 3 g total fat (0 g sat. fat), 0 mg chol., 74 mg sodium, 4 g carbo., 0 g fiber, 1 g pro. Daily Value: 3% vit. A, 0% vit. C, 1% calcium, 2% iron.

PESTO POCKETS

Addicting is the only [illegible] these bite-size turnovers filled with pesto and mozzarella [illegible]

- 2 pkg. (10 each) refrigerated biscuits
- ¼ cup purchased pesto
- ½ cup shredded mozzarella cheese (2 oz.)
- 1 beaten egg white

Separate the biscuits. On a lightly floured surface, flatten each biscuit with your hand into a 4-inch circle. Spread about ½ teaspoon of the pesto on half of each circle, spreading to within ½ inch of the edge. Use half of the mozzarella cheese to sprinkle over pesto on each of the circles. Brush edges of circles with egg white. Fold plain half of each circle over the filling. With tines of a fork, seal edges together. Prick top once with a fork.

Transfer pockets to a greased baking sheet. Brush tops with egg white. Sprinkle with the remaining mozzarella cheese.

[illegible] a 400° oven for 8 to 10 [illegible] golden. Serve warm. [illegible] appetizers.

[illegible] facts per serving: 73 cal., 3 [illegible] fat (0 g sat. fat), 2 mg chol., [illegible] g carbo., 0 g [illegible] Daily Value: 1% vit. A, [illegible] 2% iron.

ZUCCHINI CANAPÉS

Choose your flavor: lox and cream cheese or garlic and herb.

- 1 medium to large zucchini, cut into ¼-inch-thick slices
- ½ of an 8-oz. tub cream cheese with salmon or with garlic and herb (⅓ cup)
- 1 Tbsp. sliced or chopped pitted ripe olives
- 1 Tbsp. snipped chives

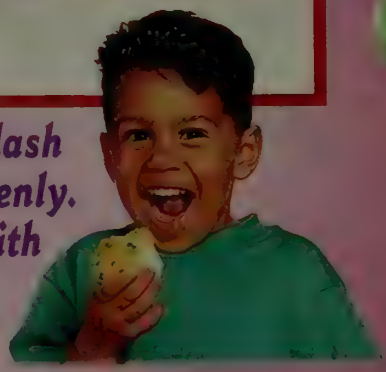
Pat the zucchini slices dry with paper towels. Spread desired cream cheese over vegetable slices. Sprinkle each appetizer with olives and chives. Serve immediately or cover and chill for 1 to 2 hours. Makes about 36 appetizers.

Nutrition facts per serving: 12 cal., 1 g total fat (1 g sat. fat), 3 mg chol., 27 mg sodium, 1 g carbo., 0 g fiber, 0 g pro. Daily Value: 1% vit. A, 2% vit. C, 1% calcium, 0% iron. ♦

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How would you like to win cash or products to use in your home? If you enter our Prize Tested Recipes Contest, you can win both. Send us your original recipes that fit the two recipe categories picked for the month. Then, seven months later, we'll feature the four top recipes on the Prize Tested Recipes pages and list the winners and honor roll awards on the Win Money page.

HINTS FOR THIS MONTH'S CATEGORIES

Berry Desserts: Take your pick from ruby red strawberries, plump blueberries, or fragrant blackberries. Your berry best dessert may showcase one berry or a colorful combo in a cobbler, pie, compote, or tart.

Zucchini Ideas: What do you make when your zucchini patch overflows? Add a little green to breads, pancakes, casseroles, salads, and side dishes. Your zucchini idea may be just the one our green-thumbed cooks give a thumbs-up.

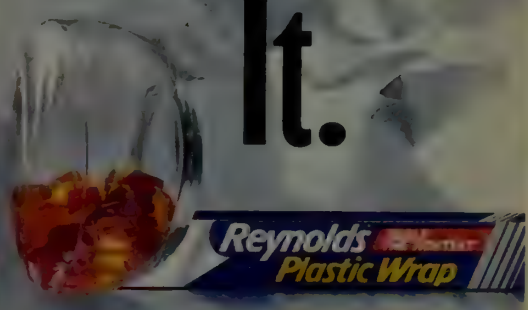
THIS MONTH'S WINNERS—
pages 185 and 186
All of these winners received a BRAUN Coffee and Espresso Mill.

$200 Winners
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Claremont, New Hampshire
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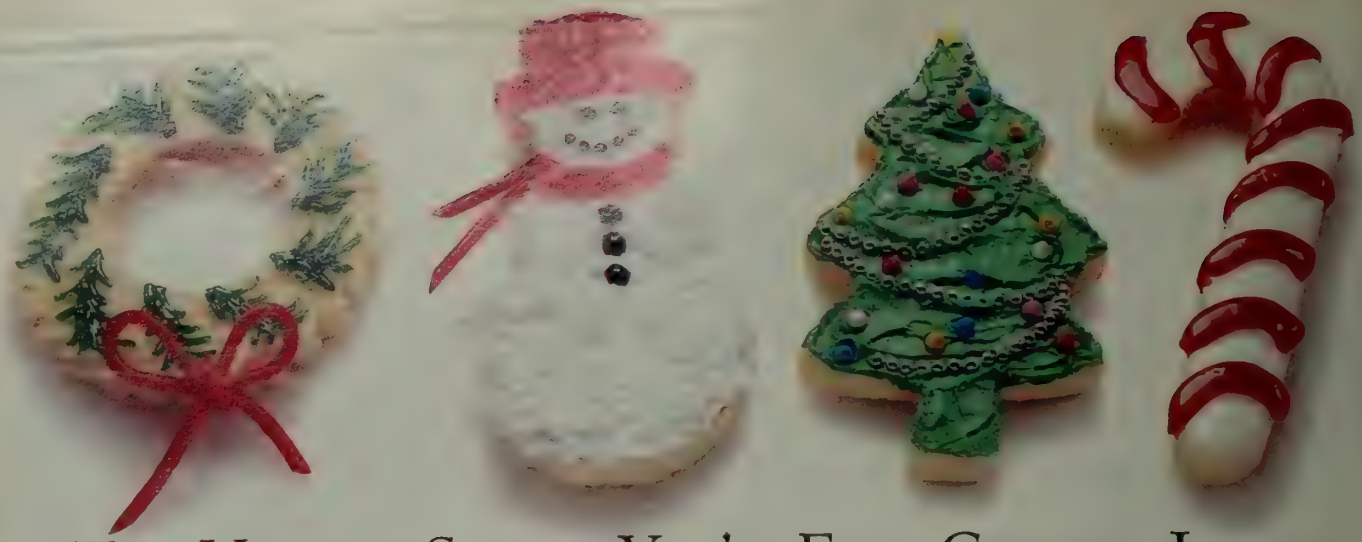
$100 Winners
Maureen Biro
Pleasant Hill, California
Marline Schindewolf
Granger, Indiana

Honor Roll
Kris Erickson, Sumner, Washington; Diane Halferty, Tucson, Arizona; Nancy Hoffman, San Rafael, California; Paula Marchesi, Rocky Point, New York; Rhonda Miller, Bonney Lake, Washington; Harriet Neboshik, Skokie, Illinois

CONTEST RULES: 1. The recipe contest is open to United States residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families. 2. With each recipe entry, clearly print or type your name, address, and recipe marked "July Berry Desserts" or "July Zucchini Ideas." Specify the brands of ingredients you use and the origin of your recipe. 3. Address recipes to 9607 Food Department, *Better Homes and Gardens*® magazine, Des Moines, IA 50309-3023. 4. Entries must be received by December 30, 1995, in order to be considered for the contest. 5. Monthly winners will be selected about 60 days later, and will be notified by mail. The annual grand prize winner will be selected from the 1996 $200 winners on or about January 5, 1997, and will be notified by mail. Winners must sign and return an affidavit and release prior to publication. 6. Recipe entries must be original and will be judged on creativity, taste, and practicality by BH&G® food editors. 7. Entries will not be returned. All copyright rights of the winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use the winner's name and hometown name for editorial and promotional purposes, except where prohibited by law.

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FOOD

The Un-Chocolate

White chocolate is red hot. But chocolate it's not. It's made from cocoa butter—the rich, ivory part of the cacao bean that remains after roasting, grinding, and pressing out the fat-free paste called chocolate liquor. White chocolate is made by combining cocoa butter with sugar, milk solids, and flavoring, usually vanilla. Don't confuse it with [illegible] tenders masquerading as [illegible] tioner's coating" or "summ[illegible] ing," made of other vegetable [illegible] that are less costly.



tural mate for dairy [illegible]ll with fruits.

White chocolate is packaged in 1-ounce squares and bags of baking pieces. Each manufacturer employs a different formula, so do a taste test to find the brand you like. Some makers strive for a distinctively chocolaty flavor, while others aim for a sweet, milky taste. High-quality white chocolate has a fresh, clean aroma; if the cocoa butter has turned rancid, it will smell like fish. Store in your refrigerator or freezer to keep fresh.

This versatile performer can play many roles in the dessert repertoire.

It earns star billing in cheesecakes, mousses, frostings, fudge, ice cream, and brownies. And it plays supporting roles swirled with compatible flavorings such as cinnamon and ginger, fruit, or dark chocolate in cakes, fudge, and cookies.

Because white chocolate contains more sugar and cocoa butter than dark chocolate, do not substitute it in recipes calling for dark. It's also more sensitive to heat, which makes it trickier to melt, so stir frequently and work with no more than 8 ounces at a time. But rules are made to be broken: You can successfully substitute white chocolate chips or chunks for dark ones in cookies, quick breads, and muffins.

WHITE CHOCOLATE BERRY CHEESECAKE

- 1½ cups crushed chocolate wafers (about 25)
- 3 Tbsp. butter, melted
- 1 12-oz. pkg. frozen lightly sweetened red raspberries, thawed, pureed, and strained
- 1 Tbsp. raspberry liqueur or sugar
- 1 tsp. cornstarch
- 1 6-oz. pkg. white chocolate baking squares, chopped
- 3 8-oz. pkg. cream cheese, softened
- ½ cup sugar
- 3 eggs

Mix crushed wafers and margarine or butter. Press into the bottom of a 9-inch springform pan. Set aside.

Meanwhile, in a small saucepan combine pureed raspberries, liqueur or sugar, and cornstarch, stirring well. Cook and stir over medium heat till thickened and bubbly. Cook and stir 2 minutes more. Set aside to cool. Meanwhile melt chocolate over low heat, stirring. Set aside to cool.

In a large bowl beat cream cheese and ½ cup sugar with electric mixer on medium speed till well blended. Add eggs, 1 at a time, beating just till combined after each addition. Gradually beat in melted white chocolate till blended. Spread over crumb crust. Spoon ½ cup of raspberry mixture over filling; swirl with a knife to marbleize. Cover and chill remaining raspberry sauce; return to room temperature before serving.

Bake in a 350° oven for 35 to 40 minutes or till center appears set when shaken. (Do not overbake.) Cool 15 minutes on a wire rack. Loosen crust from sides of pan. Cool 30 minutes more; remove sides of pan. Cool completely. Chill at least 4 hours before slicing. Serve with remaining raspberry mixture. Makes 12 to 16 servings.

Nutrition facts per serving: 427 cal., 30 g total fat (17 g sat. fat), 126 mg chol., 319 mg sodium, 32 g carbo., 1 g fiber, and 8 g pro. Daily Value: 29% vit. A, 11% vit. C, 7% calcium, and 8% iron. ♠




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see page 181 for details

$200 WINNER

Alfreda Czechowicz, Claremont, N.H., in the Holiday Candies Category.
December 1995



Ginger Chocolate Truffles

Cream cheese gives these stir-and-shape morsels a soft, melt-in-your-mouth center.

- 1 8 oz pkg. cream cheese, softened
- 4 cups sifted powdered sugar
- 1 tsp. ground ginger
- 5 oz. unsweetened chocolate, melted and cooled
- 1 cup toasted finely chopped or ground almonds, chocolate sprinkles, or cocoa powder

Place cream cheese in a large mixing bowl. With an electric mixer on medium speed, beat cream cheese for 30 seconds. Slowly add sugar and ginger. Beat till smooth. Add melted chocolate; beat till combined. Chill about 1 hour or till easy to handle.

Shape the chilled mixture into 1-inch balls; roll in almonds, chocolate sprinkles, or cocoa powder. Store in an airtight container in the refrigerator for up to 2 weeks. Makes about 42 candies.

Nutrition facts per serving: 87 cal., 5 g total fat (2 g sat. fat), 6 mg chol., 16 mg sodium, 11 g carbo., 0 g fiber, 1 g pro. Daily Value: 2% vit. A, 0% vit. C, 1% calcium, 3% iron.



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see page 181 for details

$200 WINNER

Mrs. Edward J. Cenker, Weirton, W.Va., in the Festive Finger Foods Category.
December 1995



Mushroom Pastry Crescents

Use button mushrooms or other varieties, such as crimini, porcini, oyster, or shiitake.

- 2 3-oz. pkg. cream cheese
- ⅓ cup margarine or butter
- 1 cup all-purpose flour
- 8 oz. fresh mushrooms, chopped (3 cups)
- ½ cup chopped onion
- 1 clove garlic, minced
- ½ tsp. dried thyme, crushed
- ¼ tsp. salt
- 2 Tbsp. margarine or butter
- ¼ cup regular or light dairy sour cream
- 2 Tbsp. all-purpose flour
- 1 beaten egg
- 1 Tbsp. water

For pastry, in a mixing bowl combine cream cheese and ⅓ cup margarine or butter. Beat with an electric mixer on medium speed till combined. Beat in 1 cup flour. Form dough into 2 balls. Cover and chill for 1 hour.

Meanwhile, for filling, in a large skillet cook mushrooms, onion, garlic, thyme, and salt in 2 tablespoons hot margarine or butter till tender and liquid is evaporated. Remove from heat. Stir together sour cream and 2 tablespoons flour; stir into hot mushroom mixture. Cool.

On a lightly floured surface, roll each portion of dough into an 11-inch circle. Using a 3-inch biscuit cutter, cut into circles, rerolling scraps as necessary. Place a slightly rounded teaspoon of filling on each circle. Fold in half. Seal edges with tines of a fork. Prick tops with fork. (If desired, cover and chill for up to 8 hours).

Arrange crescents on an ungreased baking sheet. Stir together egg and water; brush onto crescents. Bake in a 450° oven about 12 minutes or till golden. If desired, garnish with a chive blossom. Makes about 24.

Nutrition facts per crescent: 88 cal., 7 g total fat (3 g sat. fat), 18 mg chol., 89 mg sodi-

PRIZE TESTED RECIPES®

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Chicken-Spinach Phyllo Rolls

...and chill the phyllo ...lls hours before your party, then serve them hot from the oven.

- 1 5-oz. can chunk-style chicken, drained and broken up
- 1 cup shredded cheddar cheese (4 oz.)
- 1 10-oz. pkg. frozen chopped spinach, thawed and well drained
- ½ of an 8-oz. tub cream cheese with chives and onion
- ½ cup chopped walnuts
- 1 Tbsp. dry sherry
- ½ tsp. Worcestershire sauce
- ¼ tsp. ground nutmeg
- 8 sheets phyllo dough, thawed
- ⅓ cup margarine or butter, melted

For filling, in a large mixing bowl combine chicken, cheddar cheese, spinach, cream cheese, walnuts, sherry, Worcestershire sauce, and nutmeg. Set aside.

Lightly brush *1 sheet* of the phyllo with some of the melted margarine or butter. Place another phyllo sheet on top; brush with some margarine or butter. (Cover remaining phyllo with a damp cloth to prevent drying.)

Spoon *one-fourth* of the filling (about ½ cup) evenly down the long side of phyllo, about 2 inches from long side and 1 inch from short side. Fold 2 inches of the long side over filling; fold in the short sides. Loosely roll up jelly-roll style from the long side. Place roll, seam side down, on an ungreased baking sheet. Repeat with remaining phyllo, margarine or butter, and filling. (If desired, cover and chill for up to 6 hours.)

Brush tops with any remaining margarine or butter. Use a sharp knife to score rolls at 1½-inch intervals. Bake in a 400° oven about 15 minutes or till golden brown. Let stand for 5 minutes before slicing. Serve warm. Makes about 36 pieces.

Nutrition facts per piece: 71 cal., 5 g total fat (2 g sat. fat), 9 mg chol., 96 mg sodium, 3 g carbo., 0 g fiber, 3 g pro. Daily Value: 8% vit. A, 1% vit. C, 2% calcium, 2% iron.

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PRIZE TESTED RECIPES®

$100 WINNER

Maureen Biro, Pleasant Hill, Calif., in the Holiday Candies Category.
December 1995



Hazelnut Toffee

Wrapped in tissue paper and stacked in a tin, this toffee makes a scrumptious edible gift.

- 1 cup toasted chopped hazelnuts
- ½ cup butter
- 1 cup packed brown sugar
- 1 Tbsp. water
- 1 Tbsp. hazelnut liqueur
- 1 6-oz. pkg. (1 cup) semisweet chocolate pieces

Line a large baking sheet with foil, extending foil over the edges. Sprinkle *½ cup* of the hazelnuts in an 8-inch square in the pan. Set aside.

Butter the sides of a heavy 1-quart saucepan. In the saucepan melt butter. Add brown sugar and water. Cook and stir over medium-high heat to boiling.

Clip a candy thermometer to the side of the pan. Cook and stir over medium heat to 280° or soft-crack stage (about 10 minutes). Remove saucepan from heat; remove thermometer. Immediately stir in liqueur; pour atop nuts in pan.

Sprinkle with chocolate pieces. Let stand for 2 minutes. When chocolate is soft, spread to cover. Sprinkle with remaining ½ cup nuts. Cool. (If necessary, chill several minutes to harden chocolate). Holding onto foil, lift candy out of pan. Break into pieces. Store in an airtight container in the refrigerator for up to 2 weeks. Makes about 1½ pounds (48 servings).

Nutrition facts per serving: 63 cal., 4 g total fat (1 g sat. fat), 5 mg chol., 21 mg sodium, 6 g carbo., 0 g fiber, .5 g pro. Daily Value: 1% vit. A, 0% vit. C, 0% calcium, 1% iron.

Photographs: Scott Little

Buying information, page 199



Holiday treats so simple they already come wrapped.

Fudgy Brownie Cups

1/2 package (17 1/4 ounces) PEPPERIDGE FARM Frozen Puff Pastry Sheets (1 sheet)
4 squares BAKER'S Unsweetened Chocolate
1/4 cup (1/2 stick) margarine or butter
3/4 cup sugar
2 eggs
1 teaspoon vanilla
2 tablespoons flour

1. THAW pastry sheet at room temperature 30 minutes. Heat oven to 400°F.
2. MICROWAVE chocolate and margarine in medium microwavable bowl on HIGH 1 minute or until margarine is melted. *Stir until chocolate is completely melted.* Stir in sugar. Mix in eggs and vanilla. Stir in flour.
3. UNFOLD pastry sheet on lightly floured surface. Roll into 15x12-inch rectangle. Cut into 20 (3-inch) squares. Press 1 square into bottom of each 3-inch muffin cup. Spoon 1 tablespoon chocolate mixture into center of each pastry square.
4. BAKE 15 to 20 minutes or until pastry is golden. Remove from muffin pans. Cool on wire racks. Sprinkle with powdered sugar, if desired. Makes 20.





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DECEMBER

by Jeff Lacina



Adding safety and convenience

The new Ford F-series pickups have several features geared toward family use, including a standard right-side third door on all extended cab models. The third door can be opened from the inside, but only with the passenger's door open. Side-impact beams are built into all three doors and meet 1998 federal crash standards.



Driver and passenger-side air bags are standard, as is a system that allows the driver to "shut off" the passenger side air bag when using a rear-facing child safety seat. Safety belts in the SuperCab's rear seat are designed to allow for proper child safety seat installation. Other safety features include available four-wheel antilock brakes and a remote keyless entry option that also includes an anti-theft system.

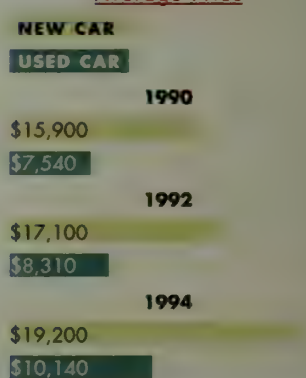
to America's best-selling vehicle



The Volvo 850 wagon
Half minivan, half sports coupe

In a time when minivans seem to be all the rage in family transportation, Volvo's 850 wagon is gaining ground. The Volvo wagon's family appeal stems from a vehicle that is chock-full of safety features, while still handling reliable and versatile family hauling chores. All 850-series wagons come standard with four-wheel antilock brakes. Inside, driver and passenger-side air bags are standard, as a[illegible]e-impact air bags that protect driver and passen[illegible]pact. A daytime running light system is also standa[illegible]ear door locks. Wagons also come with integral [illegible]

Used *vs.* New
Rising prices



Since 1990, the average sale price of a used car has risen from $7,540 to $10,140 in 1994. Meanwhile, the average sale price for new cars has risen from $15,900 to $19,200 in 1994. An influx of low-mileage lease return cars has contributed to the used car price increases.

NATIONAL AUTOMOBILE DEALERS ASSOCIATION

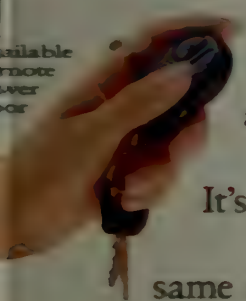
USA
Proud sponsor of the
1996 U.S. Olympic Team

Greetings, Earthlings.



The 1996 Chevrolet Lumina Minivan.

ne look and you can see this obviously is the work of a higher intelligence. For starters, umina is the only minivan in the universe to offer a power sliding side door.* Imagine, your arms are loaded with shopping bags, Junior is tugging at your knee, and you press one little button and "Voila!" the door magically slides open. It's like having your own personal doorman. You just don't have to tip. The same available Remote Keyless Entry system that opens and closes that door also nlocks the front doors and tailgate to make re-entry into space easier. And to protect ou from dings from manic meteorites and grocery carts, Lumina also gives you composite uter-body panels which will never rust. Lumina. It looks different because it is different. o come take a look at one. It's amazing how one sighting can transform you into a believer.



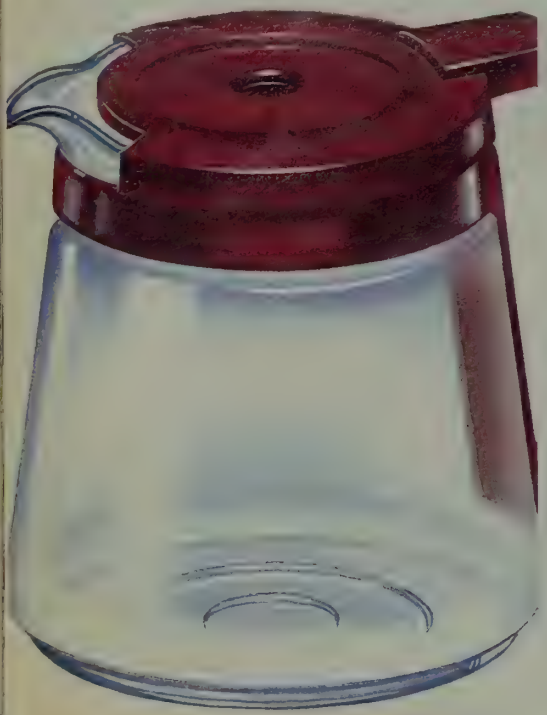
LUMINA MINIVAN

For a free product **brochure call 1-800-950-2438.** *Excludes other GM products.

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HINT #16

CLEANS COFFEE POTS





To remove coffee stains from the inside of a glass coffee pot, add 4 teaspoons Morton® Salt, 1 cup crushed ice, and 1 tablespoon water. Gently swirl until clean, then rinse. Coffee pot should be at room temperature before cleaning. Do not use if pot is cracked or chipped. For more economical, safe, and effective uses for Morton® Salt write for the new Household Hints brochure: Morton® Salt Tips, Dept. J, Chicago, IL 60606-1597.

Morton

1995 Morton International, Inc. Morton Salt Chicago, IL 60606-1597

tips, tools, & techniques

This is your column. It contains the best workshop shortcuts, gardening hints, and home maintenance and repair tips that do-it-yourselfers have discovered. See the last paragraph of this article for details on how to share your tips with other readers.

BUTTER UP

Here's an easy way to reduce dripping whenever you pour a drink from a pitcher. Rub a small amount of margarine or butter under the rim of the spout.

Myrtle Cartrette
Chadbourn, N.C.

A STRIP EASE ACT

Stripping furniture will be much easier if you try this: At the end of the stripping job, use pieces of nylon netting—cut from netting used to hold produce or purchased from a store—to clean up around legs, spindles, and detailed areas.

Dolores Vandergrift
Bois D'Arc, Mo.

SHOWER YOUR PLANTS

Here's an easy way to water your hanging plants without letting water and dirt drip onto the floor. Place an inexpensive plastic shower cap around the bottom of the planter when it's watering time.

Laura Dehnke
Fountain City, Wis.

AVOID YARD-WORK ITCH

If you're extremely sensitive to poison ivy and other rashes, even wearing long sleeves and gloves while working in the yard may not seem to prevent a nasty reaction. Solution: Before going outside, apply an intensive-care skin lotion generously to arms, hands, and all exposed areas. Wash thoroughly after working and your skin will be clear. This also works well for small paint jobs.

Antoinette G. Herzel
Frankfort, Ky.

THE BIG CHILL FOR ODORS

Wednesday night you fixed Cornish game hens and the trash truck won't be by until next Tuesday. Since bones shouldn't go down the garbage disposer, what to do with those smelly carcasses until then? Wrap pungent leftovers in a plastic bag and put them in the freezer. They'll hold until Garbage Day and you won't have to hold your nose.

Bertha Bigelow
Baton Rouge, La.

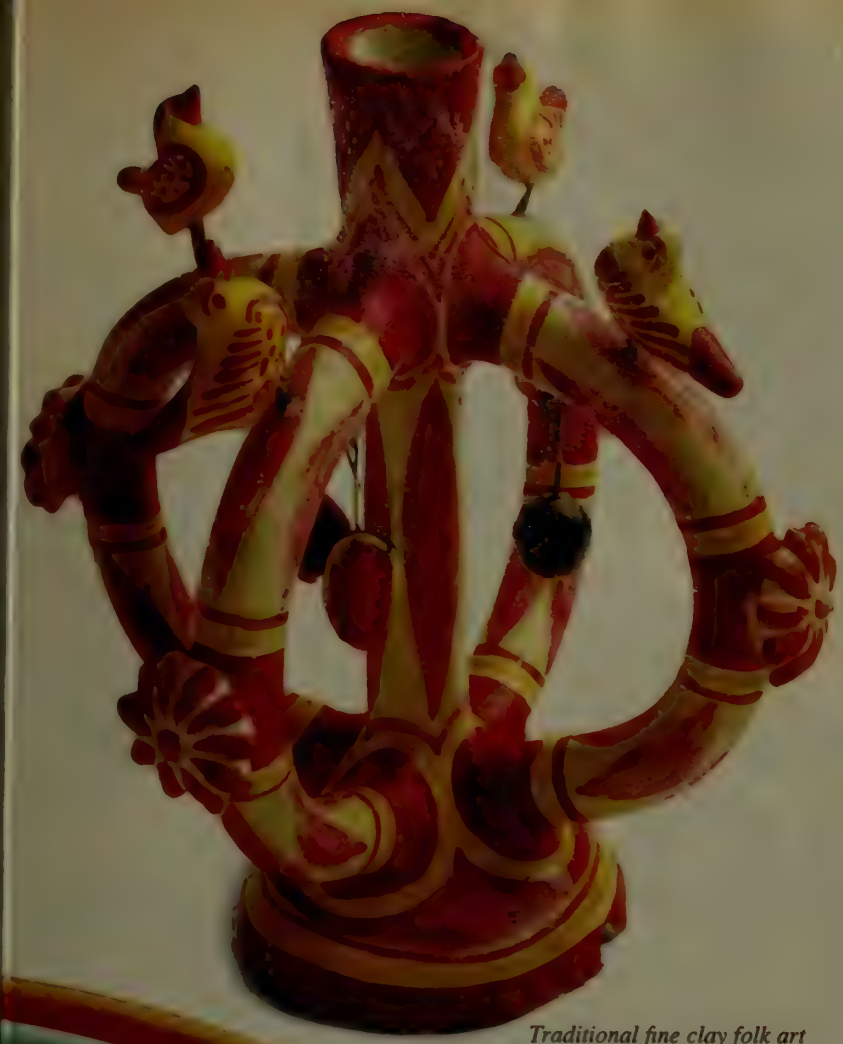
SOCK IT TO DUST

Don't toss out those mismatched socks or the ones with a few holes in them. They make great dust rags. Just slip them on (your hands—not your feet) and dust away.

Maggie Wilson

SEND US YOUR TIP

Mail your tip along with a daytime phone number and your Social Security number to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50309-3023. We can't acknowledge or return letters, but if we buy your tip, we'll send you $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas.



Traditional fine clay folk art can be found throughout Mexico.



The 15th century Aztec Calendar Stone is indicative of the complex civilization of pre-colonial Mexico.

REAL *–and–* EASY.





The authentic flavor of a country rich in history and tradition.

CHILE CITRUS MARINATED CHICKEN

1	(19-oz.) can Las Palmas® Red Chile Sauce
1	(16-oz.) jar Las Palmas® Salsa Mexicana
1 cup	orange juice
1/2 cup	cider vinegar
1 lb.	boneless, skinless chicken breast halves

1. In 2-quart plastic or glass covered container, combine all ingredients except chicken.
2. Combine chicken breasts and 1 cup marinade in plastic food storage bag; seal bag. Marinate in refrigerator at least 4 hours, or overnight. Store remaining marinade in covered container in refrigerator until next use.
3. Place chicken breasts on broiler pan rack and broil about 7 inches from heat, until no longer pink, approximately 20 minutes, turning once. If desired, baste chicken with additional marinade while broiling (about every 5 minutes). 4 servings.



PEPPERIDGE FARM *remembers.* The taste of fine cookies brings out the best in folks. Our Distinctive Selection [illegible] or as a gift. And it's the only place you'll find Naples and Lisbon, [illegible] chocolate-dipped delights.

© 1995 Pepperidge Farm, Inc

by Kristi Fuller, R.D.

Homestyle Breakfasts

These dishes taste like hearty breakfasts from days gone by, only they're delightfully in step with today's nutrition concerns. Each makes smart use of low-fat products while delivering that satisfying down-home flavor.





SAUSAGE AND EGG PANCAKE

Forget the phrase "flat as a pancake." This puffs while baking.

- ¼ cup light dairy sour cream
- ¼ tsp. lemon-pepper seasoning
- ⅛ tsp. ground cumin
- ¼ lb. ground turkey sausage
- ½ of an 8-oz. carton frozen egg product (½ cup), thawed, or 2 eggs
- ½ cup skim milk
- ½ cup all-purpose flour
- ¼ tsp. dried oregano, crushed
- ⅛ tsp. salt
- 2 Tbsp. thinly sliced green onion
- ¼ cup shredded reduced-fat cheddar cheese

In a bowl combine sour cream, lemon-pepper seasoning, and cumin; cover and chill till serving time. In a medium skillet cook sausage till brown. Remove from heat; drain.

Combine egg product or eggs, milk, flour, oregano, salt, and a dash *pepper;* beat till smooth. Spray four 4½-inch tart pans with nonstick coating. Add batter, sausage, and green onion. Bake, uncovered, in a 425° oven for 10 to 13 minutes or till puffed and light brown. Top with cheese. Return to oven for 1 minute or till cheese is melted. Serve immediately. Top each with sour cream mixture, chopped tomato, and green onion, if desired. Makes 4 servings.

Nutrition facts per serving: 218 cal., 9 g total fat (3 g sat. fat), 19 mg chol., 496 mg sodium, 18 g carbo., 1 g fiber, and 15 g pro. Daily Values: 11% vit. A, 13% vit. C, 11% calcium, and 13% iron.

HAM AND APPLE SKILLET

Here are all the breakfast favorites—hash browns, eggs, sausage, and cheese—in one pan.

- 3 cups frozen loose-pack hash brown potatoes with onion and peppers
- 1 small onion, chopped (¼ cup)
- 1 large red apple (such as Jonathan), cored and chopped (about 1 cup)
- 1 tsp. dried sage, crushed
- 2 Tbsp. water
- 1 cup diced fully cooked ham
- 1½ cups skim milk
- 1 cup frozen egg product, thawed, or 4 beaten eggs
- ½ cup shredded low-fat cheddar cheese (2 oz.)
- ¼ tsp. salt

Thaw potatoes for 30 minutes. Press between paper towels to remove moisture. Set aside.

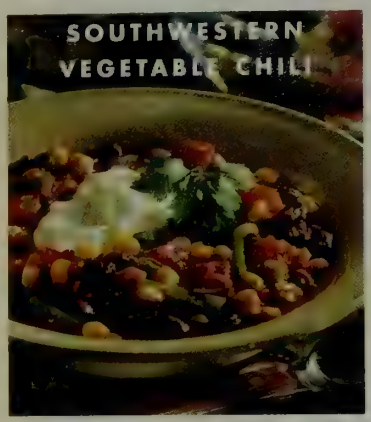
In a 10-inch ovenproof skillet cook onion, apple, sage, and water over medium heat till onion is tender. Remove from heat. Stir in potatoes and ham.

Combine milk, egg product or eggs, *½ cup* of the cheese, and salt. Pour egg mixture into skillet. Do not stir. Bake, uncovered, in a 350° oven for 30 to 35 minutes or till center appears just set. Garnish with fresh sage, if desired. Makes 6 servings.

Nutrition facts per serving: 254 cal., 12 g total fat (4 g sat. fat), 21 mg chol., 561 mg sodium, 21 g carbo., 2 g fiber, and 16 g pro. Daily Values: 10% vit. A, 16% vit. C, 15% calcium, and 12% iron.

Cold Days, Chili Nights

Today's chili packs a punch like never before. Fueled by our passion for fuller flavors, cooks are doctoring up this old-time soup with different beans, hot peppers, and new dynamite ingredients. This black bean chili combines today's tastes with yesterday's simplicity for a quick, weeknight meal.







BLACK BEAN CHILI

Fix it your way—with beef and dumplings or without. Top off the chili with cheese, sour cream, or extra hot sauce.

- ¾ lb. ground beef
- ¾ cup sliced green onion
- 1 small green or red sweet pepper, chopped (½ cup)
- ⅓ cup coarsely shredded carrot
- 1 14½-oz. can low-sodium tomatoes, cut up
- 1 15- or 16-oz. can black beans, drained and rinsed
- 2 8-oz. cans low-sodium tomato sauce
- 2 jalapeño or serrano peppers, seeded and chopped
- 1½ to 2 tsp. chili powder
- ¼ tsp. pepper
- Shredded cheddar cheese (optional)
- Fresh basil leaves (optional)

In a 3-quart saucepan cook ground beef, onion, sweet pepper, and carrot till meat is brown. Drain fat. Stir in remaining ingredients. Bring to boiling; reduce heat. Cover; simmer for 20 minutes. Season to taste with salt and pepper. Ladle into bowls and top with cheese and basil, if desired. Makes 4 main-dish servings.

Nutrition facts per serving: 311 cal., 11 g total fat (4 g sat. fat), 53 mg chol., 367 mg sodium, 31 g carbo., 8 g fiber, 26 g pro. Daily Value: 51% vit. A, 93% vit. C, 30% iron.

SOUTHWESTERN VEGETABLE CHILI

Prepare Black Bean Chili as directed, omitting beef. Cook onion, sweet pepper, and carrot in 1 tablespoon cooking oil. Stir in remaining ingredients, plus one 8-ounce can whole kernel corn, drained. (If necessary, add water till chili is desired consistency.) Season to taste. Top chili with reduced-calorie sour cream and fresh cilantro, if desired. Pass jalapeño sauce or bottled hot pepper sauce.

Nutrition facts per serving: 211 cal., 5 g total fat (1 g sat. fat), 0 mg chol., 456 mg sodium, 39 g carbo., 9 g fiber, 11 g pro. Daily Value: 51% vit. A, 98% vit. C, 23% iron.

CHILI WITH CORN DUMPLINGS

Prepare Black Bean Chili or Southwestern Vegetable Chili as directed, adding 1 cup tomato juice along with other tomato products. Simmer for 10 minutes. Meanwhile, stir together Corn Dumplings (see recipe, *below*). Drop dumpling mixture into 4 to 6 mounds atop the bubbling chili. Cover and simmer about 12 minutes more or till toothpick inserted in dumplings comes out clean. Do not lift cover while the dumplings cook. If desired, top dumplings with more shredded cheese before serving.

Corn Dumplings: In a small mixing bowl combine ⅓ cup all-purpose flour, ⅓ cup cornmeal, ⅓ cup shredded Monterey Jack cheese with jalapeño peppers, 1 teaspoon baking powder, and a dash each of salt and pepper. Combine ¼ cup milk, 1 egg yolk, and 2 tablespoons cooking oil. Add to flour mixture. Stir with a fork till combined.

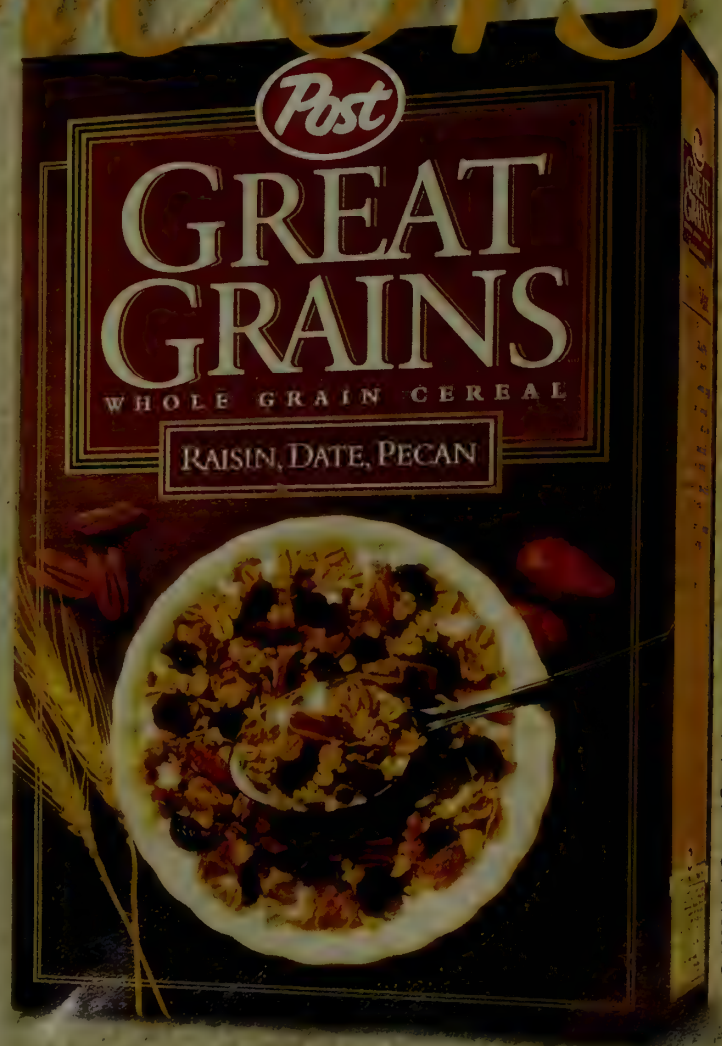
Nutrition facts per serving (Black Bean Chili): 520 cal., 23 g total fat (8 g sat. fat), 117 mg chol., 771 mg sodium, 51 g carbo., 10 g fiber, 33 g pro. Daily Value: 101% vit. C.

PHOTOGRAPHS: SCOTT LITTLE

How much taste can one cereal have?



6 Scrumptious flavors in One Great crunch™



Pecans, dates, raisins and three toasted grains, all in one great crunch of light crispy flakes and crunchy clusters. And if you love nuts even more than fruit, taste the Crunchy Pecan variety of Post® Great Grains® Cereal.

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by Lisa Holderness

Weeknight, Eat-Right Suppers

Give your dinner plans the weeknight quiz. Quick is key, but are the foods also nutritious and family-pleasing? These low-fat, soul-satisfying meals pass with honors.



CHILI-SAUCED PASTA

The kidney beans offer more than flavor—they're also an easy way to add fiber to your family's diet.

- 6 oz. refrigerated linguine or spaghetti
- 1 14½-oz. can low-sodium stewed tomatoes
- 1 medium green sweet pepper, cut into thin strips
- 2 Tbsp. low-sodium tomato paste
- 1 Tbsp. chili powder
- ¼ tsp. salt
- ¼ tsp. garlic powder
- ¼ tsp. ground cumin
- 1 8-oz. can kidney beans, rinsed and drained
- ¼ cup water
- 2 tsp. cornstarch

Cook pasta according to package directions except omit salt; drain. Cover and keep warm.

Meanwhile, for sauce, in a medium saucepan combine tomatoes, green pepper strips, tomato paste, chili powder, salt, garlic powder, and cumin. Bring to boiling; reduce heat. Cover and simmer over medium heat for 3 minutes. Stir in kidney beans. Stir together water and cornstarch; add to tomato mixture. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Serve sauce over hot pasta. Makes 3 main-dish servings.

Nutrition facts per serving: 279 calories, 2 g total fat (0 g sat. fat), 0 mg chol., 382 mg sodium, 58 g carbohydrate, 8 g fiber, 12 g pro. Daily Value: 22% vit. A, 58% vit. C, [illegible]% calcium, 24% iron.



CHICKEN AND APRICOT CURRY

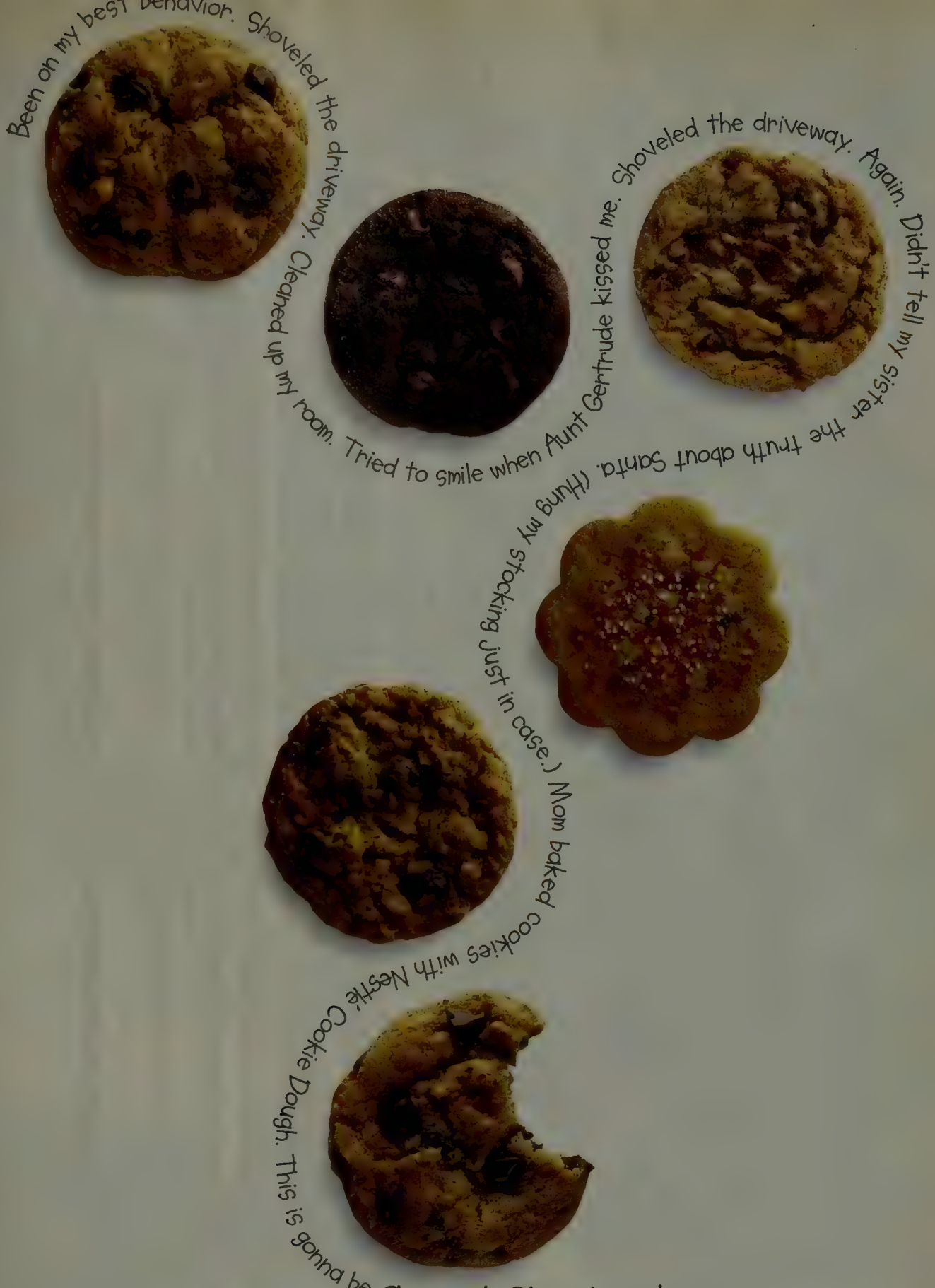
Set the table and make the curry sauce while the rice is cooking. Your dinner will be ready in 20 minutes.

- ⅔ cup long grain rice
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 Tbsp. curry powder
- 1 Tbsp. margarine
- 8 oz. skinless, boneless chicken breasts, cut into bite-size pieces
- ¼ cup apricot preserves
- 1 medium apple, cored and cut into bite-size pieces
- ¼ cup raisins
- 1½ cups plain low-fat yogurt
- 2 Tbsp. cornstarch

Cook rice according to package directions, omitting salt and butter. Cover; keep warm. Meanwhile, in a large nonstick skillet cook onion, garlic, and curry in margarine for 1 minute. Push onion mixture to side of skillet. Cook chicken in skillet over medium heat for 3 to 5 minutes or till no longer pink. Stir together chicken and onions.

Snip any large pieces in preserves. Stir preserves, apple, raisins, ⅓ cup *water*, and ¼ teaspoon *salt* into the chicken mixture. Stir together yogurt and cornstarch. Stir into chicken mixture. Cook and stir till thickened and bubbly. Cook 2 minutes more. Serve over rice. Makes 4 servings.

Nutrition facts per serving: 382 cal., 6 g total fat (2 g sat. fat), 35 mg chol., 261 mg sodium, 63 g carbo., 2 g fiber, 19 g pro. Daily Value: 16% calcium, 18% iron.





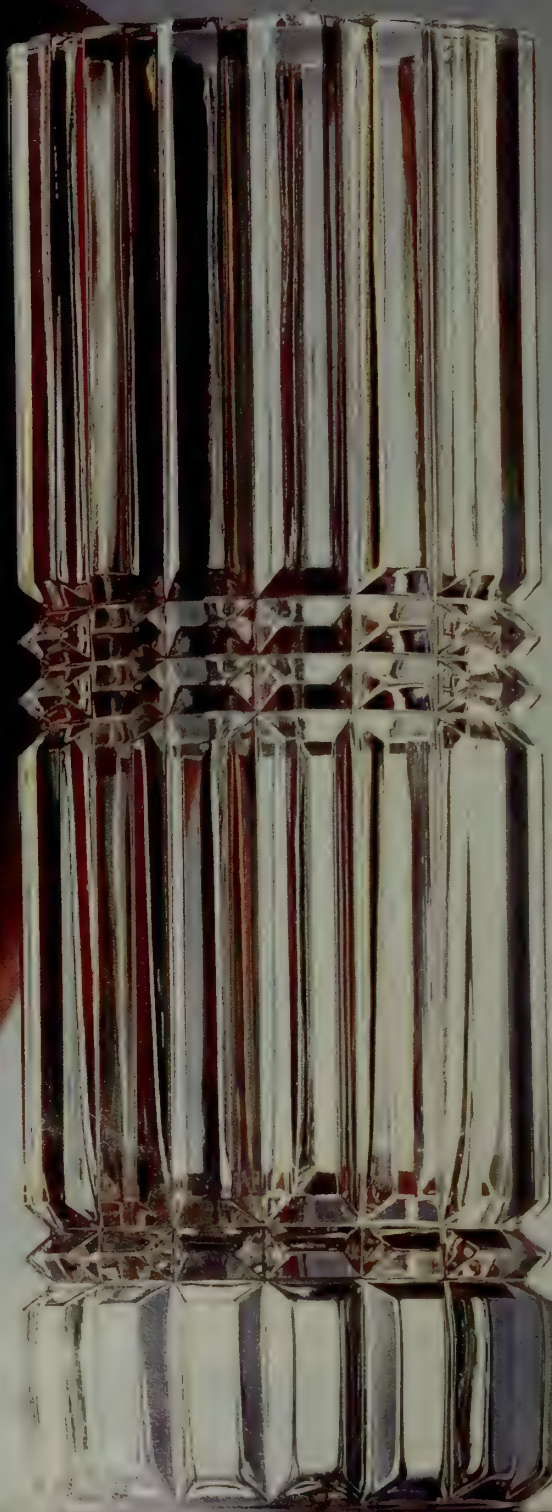


Whether it's Nestlé® Toll House® Chocolate Chip, Butterfinger,® Oatmeal Raisinets,® or Sugar cookies for decorating, oven fresh Nestlé Cookie Dough cookies always warm up the holidays. Just don't expect them to make it to the cookie jar. Look for them in your grocer's refrigerated section.

The very best in every bite.™

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Cristal d'Arques
makes every day a special occasion.



MONTPARNA
VASE

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FRANCE

Prancing out of the past and into your future...

The Year of the Carousel

Magical miniature sculptures... superbly crafted and painted by hand. One for each month of the year... plus special *holiday* issues!



Hardwood display shown smaller than actual size of 14 ⅛" high.

FREE CAROUSEL DISPLAY

They appear as if in a dream, prancing round and round. A blur of color...a blaze of lights. Memories now renewed in *The Year of the Carousel.*

So graceful are these beautiful steeds that they seem to dance around on their carousel display. Suspended on poles of gleaming brass, their faux gemstones glittering in the light. Each decked out to honor a different month...with additional issues for celebrating special holidays.

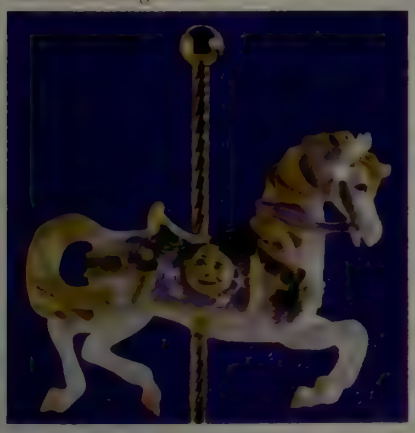
Each is sculpted in exciting detail, with a blend of resins and porcelain powders that brings the tiniest features to life. Each is then painted by hand so you can see every bell and ribbon...garland and flower...plume and tassel.

The Year of the Carousel is not sold in stores. It is available *only* by subscription from Princeton Gallery.

Recapture the memories—and the magic. Mail your subscription today!

1286616

Sculptures shown smaller than actual height of 3 1/2".



October Carousel Horse... set with a faux opal.



February Carousel Horse... set with a faux amethyst.

© 1995 Princeton Gallery

GALLERY GUARANTEE: At Princeton Gallery, we understand how important it is to see a new acquisition in your home. That's why we ensure your right to return your carousel horses for replacement at any time within one year. And you may cancel your subscription at any time. Thus, you can place your order now, without risk, knowing your satisfaction is completely guaranteed.

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Not sold in stores

Please enter my subscription to *The Year of the Carousel,* a collection of imported miniatures—handcrafted, hand painted and each set with a simulated gemstone—to be sent to me at the rate of *two* sculptures every other month. I will receive the custom carousel display *free* as part of my collection.

I need send no money now. I will be billed only $19.50* for one carousel horse miniature each month.

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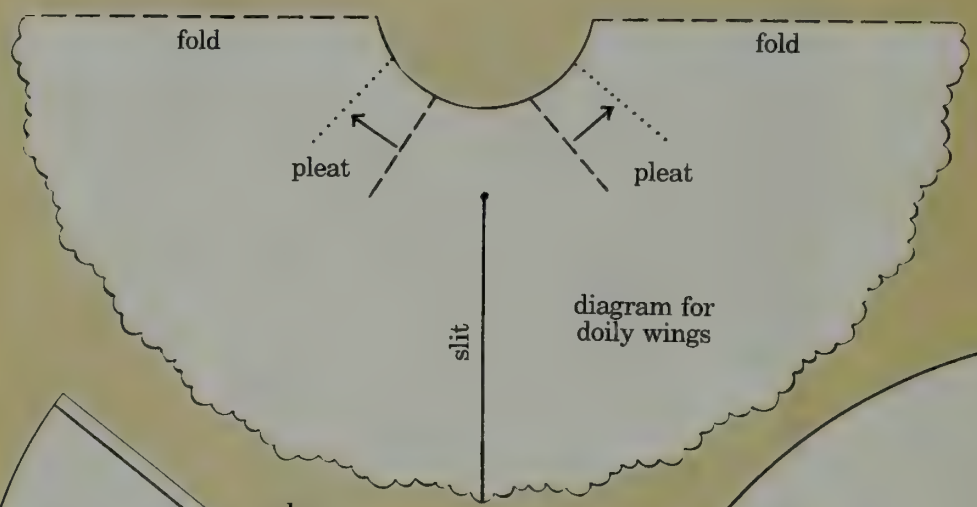
Telephone (_____) _____

*Plus $3.98 per shipment ($7.98 for carousel display) for shipping, handling and insurance. Sales tax will be billed if applicable.

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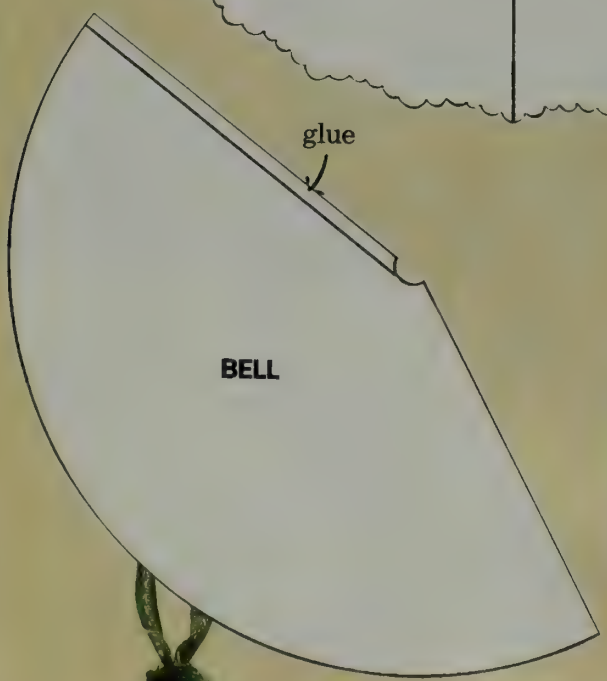
Tuneful Trims

Celebrate the sounds of the season. Create a collection of festive bells and a choir of angels using sheet music and glitter. The patterns on this page will help you get started. Directions begin on page 196.





ANGEL FACE





THE scientific reason is complex, the promise is simple:

{perfect nutrition}



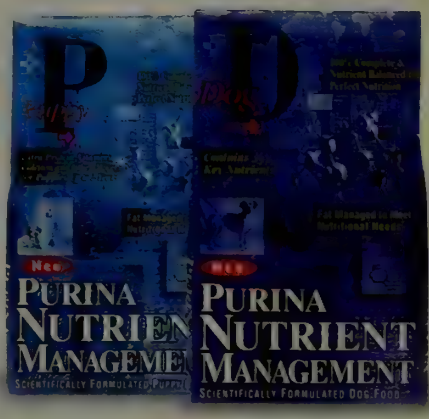
Purina Nutrient Management is 100% complete and nutrient balanced for perfect nutrition.



It's as simple as this: there are **36 key nutrients** a dog needs to thrive and these must be properly managed so your dog can get the full nutrition he needs. New Purina Nutrient Management dog food starts with the 36 key nutrients dogs need, then scientifically manages these in a 100% complete and nutrient balanced formula to deliver nothing less than **perfect nutrition**

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New PURINA NUTRIENT MANAGEMENT™



Makes a haircut easier to handle.



Makes a haircut easier to handle, with fewer cavities.

BH&G kids

continued from page 194

To make the bell

1. Trace the bell pattern on *page 194* onto tracing paper and cut out the pattern. Place pattern on a page of sheet music and draw around it. Cut out the shape.



2. Squeeze a small amount of glue onto a piece of foil. Use a toothpick to run glue along the marked edge of the bell. Fasten the edges together to form a cone (photo 1).

3. Pour glitter into a saucer. Run a thin band of glue around the bottom edge of the bell. Working over the saucer, sprinkle glitter over the glue (photo 2).

4. Cut an 8-inch-long piece of thread. Knot one end of the thread through a jingle bell. Trim the tail of the knot. Thread the other end into a needle; from the inside of the bell, push the needle up through the small opening at the top. Take the needle back through the opening, leaving a loop for hanging (photo 3). Tape the end of the thread to the inside of the bell to hold it in place.



To make the angel

1. Using the pattern on *page 194*, repeat steps 1–3 for making the bell. Clip off the point of the cone.

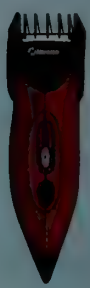


2. With acrylic paints and a fine-tip paintbrush, paint the angel's face and hair on a 20 millimeter wooden bead.

3. Cut a 10-inch-long piece of ¼-inch-wide



So, he wants a mushroom haircut.



Will that be shiitake or portobello?

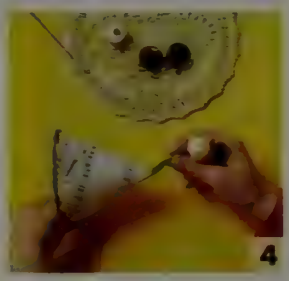


Wasn't designed to give a decent haircut.



Wasn't designed to make a decent meat loaf.

velvet ribbon and fold it in half. To make a hanger, tie an overhand knot about 1 inch from the fold.



4. Push the ribbon ends through the bead and into the top of the cone (photo 4). Tape the ribbon ends to the inside of the cone.

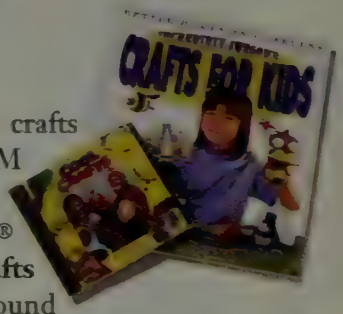
5. For the wings, fold a 6-inch diameter gold paper doily in half. Using the diagram on *page 194*, cut out the center top of the doily. Cut a 2-inch slit in the doily as shown.



6. Flare the top fold of the wings upward and make the small folds for pleats as shown. Glue the pleated areas to the back of the angel (photo 5). When dry, open wings slightly, gathering and pleating them for a three-dimensional look. ⌂

READER SHOPPING

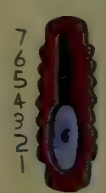
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Ranch Potato Skins

- Quarter 4 baked potatoes. Scoop out potatoes and combine with 1/4 cup sour cream and 1 oz. packet Hidden Valley® Original Ranch® Dressing Mix.
- Fill skins with mixture. Sprinkle with shredded cheddar cheese.
- Bake 12-15 minutes at 375°F.

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Buying Guide

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O CHRISTMAS TREE

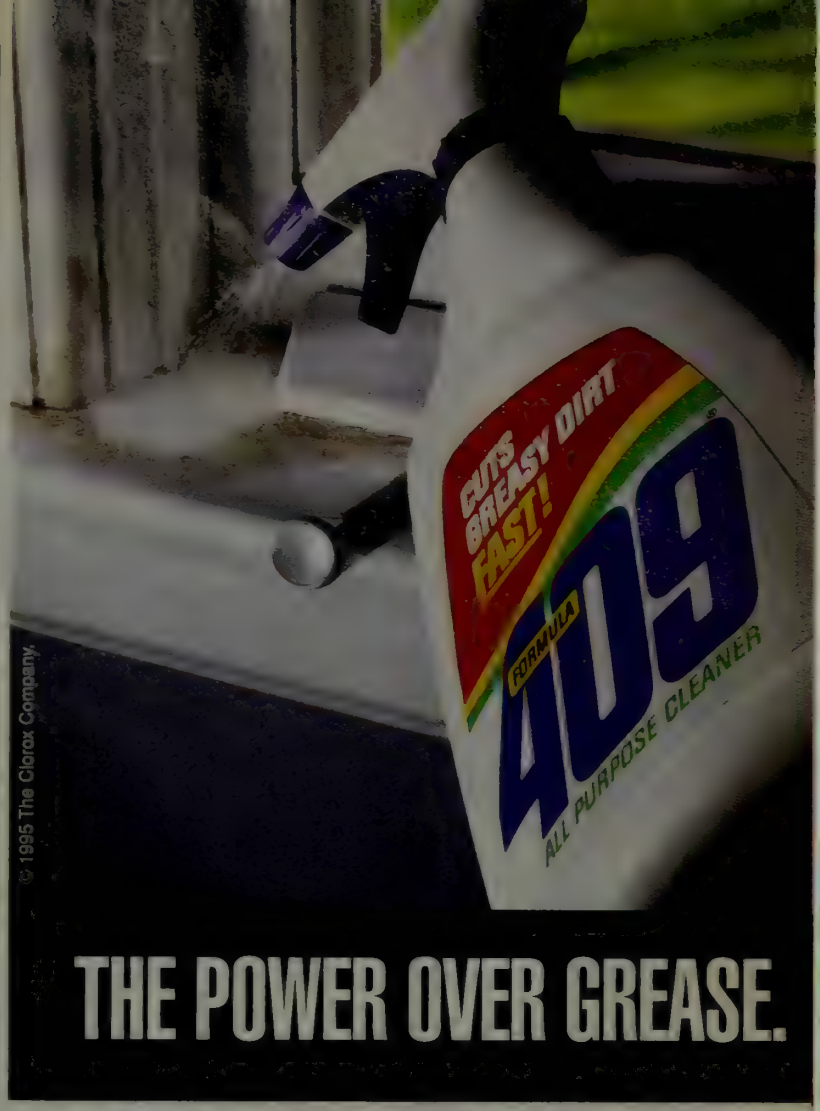
Pages 76-77: handcarved wood Nativity set, No. 15184-6—Midwest of Cannon Falls; for a retailer near you please call 800/377-3335. **Iridescent crystal icicle ornaments,** No. 80696—Silvestri, Consumer Relations, P.O. Box 516125, Dallas, TX 75251; 214/918-0098, ext. 2089.
Pages 80-81: resin folk angel treetop, No. 15072-6—Midwest of Cannon Falls; for a retailer near you please call 800/377-3335.

ALL THAT GLITTERS

Pages 100–101: urn and three-tier stand—Great City Traders, 537 Stevenson, San Francisco, CA 94103-1636. **China**—Royal Copenhagen; for a store near you please call 800/431-1992. **Stemware**—Tommy Tucker Designs, 315 Fifth St., West Des Moines, IA 50265; 515/255-5757. **Tablecloth,** "Astral"—by JAB; available to architects and designers from Stroheim & Romann, Inc., 718/706-7000.
Pages 102–103: candlestick, gold over silver; gold and silver paperweights; and shadow vase—Rose Tattoo Inc., 1114 White St., Key West, FL 33040; 305/293-1941. **Gold sphere with holder,** (available in various sizes)—Niedermaier, 2828 N. Paulina St., Chicago, IL 60657-4012; 312/528-8123. **Glass candlesticks,** No. 2175; **golden mesh glass votive posy holder,** No. 1910—Two's Company, 33 Bertel Ave., Mount Vernon, NY 10550; 914/664-2277. **Stone-finish urn**—Great City Traders, 537 Stevenson, San Francisco, CA 94103-1636. **Iron-finish urn**—Nierman Weeks; for more information call 410/923-0123. **Moss topiary tree,** No. TT0113—for a retailer near you contact Florita-Nova, Inc., 3021 Griffith St., Charlotte, NC 28203; 704/522-0707. **Chair fabric,** "Brendan Woven Texture," No. 801700.02—available to designers and architects from the Brunschwig & Fils Showroom; 212/838-7878. **All christmas ornaments**—Silvestri, Consumer Relations, P.O. Box 516125, Dallas, TX 75251; 214/918-0098, ext. 2089.
Pages 104–105: terra-cotta urn—Ballard Designs, 1670 DeFoor Ave., NW., Atlanta, GA 30318-7528; 404/351-5099. **Gold sphere with holder**—Niedermaier (address above). **Moss balls,** TT121—Florita Nova (address above). **Moravian Star**—Niedermaier (address above).
Page 106: glass candlesticks—Two's Company (address above). **White urn**—Great City Traders (address above).

SHARE THE HOLIDAY SPIRIT

Page 129: handblown glass mugs—Simon Pearce, 500 Park Ave., New York, NY 10022; 212/421-8801.
Page 132: footed handblown glass bowl—Simon Pearce (address above). **Silver ladle**—Leeber Silver, 53 Germay Dr., Germay Industrial Park, Wilmington, DE 19804; 302/656-1455. **Cotton linen table throw,** by Patrick Frey—available through Roselyne Crowley, Inc.; 203/785-9376.
Page 133: handmade white porcelain serving bowl and platter—Daniel Levy, 155 West 29th St., New York, NY 10001; 212/268-0878.
Page 134: round stone platter—Pottery Barn; for store nearest you, 800/922-9934. **Shaker style basket**—Simon Pearce (address above).
Page 135: rim soup plate and liner plate—Pfaltzgraff, 140 East Market St., York, PA 17401; 800/999-2811. **Handblown wine glass**—Simon Pearce (address above).
Page 136: handblown glass bowl—Simon Pearce (address above). **Creamer, sugar, and plates**—Pfaltzgraff (address above).
Page 137: Christmas tree decorations—D. Blümchen & Co., P.O. Box 1210, Ridgewood, NJ 07451-1210; 201/652-5595. **Iron fireplace screen**—The Foreside Co., 33 Hutcherson Dr., Gorham, ME 04038; 207/854-4000. **Hand-hooked stocking pattern**—The Yankee Peddler Hooked Rugs, 57 Saxonwood Rd., Fairfield, CT 06432; 203/255-5399.
Pages 138–139: handmade porcelain white dinnerware—Daniel Levy (address above). **Tablecloth and napkins,** "Portulan" pattern—Palais Royal, 1725 Broadway, Charlottesville, VA 22902; 804/979-6195. **Flatware**—Pottery Barn (address above). **Manhattan champagne flutes and wine glasses**—Union Street Glass, 2690 Union St., Oakland, CA 94607; 510/451-1077. **Candles and wrought iron candleholders**—Pottery Barn (address above). **Antique hardwood cupboard**—Eric Rasmussen, 7 Covert St., Montrose, NY 10548; 914/739-0851. **Gold and silver glass ball ornament tree (glass balls only)**—D. Blümchen & Company (address above). **Evergreen holiday wreath**—Very Special Flowers, 204 West 10th St., New York, NY 10014; 212/206-7236.
Page 140: footed glass cake stand—Simon Pearce (address above). **Handmade dessert plates, cup, and saucer**—Daniel Levy (address above).



PRIZE TESTED RECIPES®

Page 185 (*right*): plate, "White Fan"—Royal Copenhagen, 27 Holland Ave., White Plains, NY 10603; 914/428-8222.
Page 186 (*left*): plate, "Vineyard"—Nikko Ceramics, 11 High Point Dr., Wayne, NJ 07470; 201/633-5100.

FOOD LOVER'S WISH LIST

Page 170: terra-cotta garlic baker—Norpro, Everett, WA 98203; 206/261-1000. **Garlic slicer**—Crate & Barrel, 725 Landwehr, Northbrook, IL 800/323-5461.

READER SHOPPING

Page 86: Miniature Mansion—Corona Concepts, Box 700, Cooperstown, NY 13326.
Page 108: Cards, Wraps, and Tags Kids Can Do—Rubber Stampede, P.O. Box 246, Berkeley, CA 94701.
Page 124: Mountain Mist Quilt Pattern Set—The Stearns Technical Textiles Co., 100 Williams St., Cincinnati, OH 45215-4683.

THE DECORATING SHOP

Page 201: Easy Christmas Ornaments Kit—Banar Designs, 431 South Main, Fallbrook, CA 92028.

Architects & Designers

O CHRISTMAS TREE

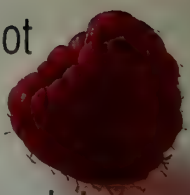
Page 77: oak-leaf garland on mantel—Barbara Vaske. **Ornaments**—Edie Omlie.
Pages 78–79: gold ball ornament and ornaments in bowl—Edie Omlie.
Pages 80–81: cherry and chestnut wreath on door and rose hip wreath on chair—Helen Carstens.
Page 82: pinecone ball—Barbara Vaske.

THE COLORS OF THE SEASON

Pages 111–120: design and styling—Jim Williams.
Page 120: birch and apple wreath—Abby Ruoff.

STAIN STAIN GO AWAY

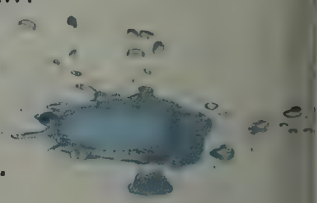
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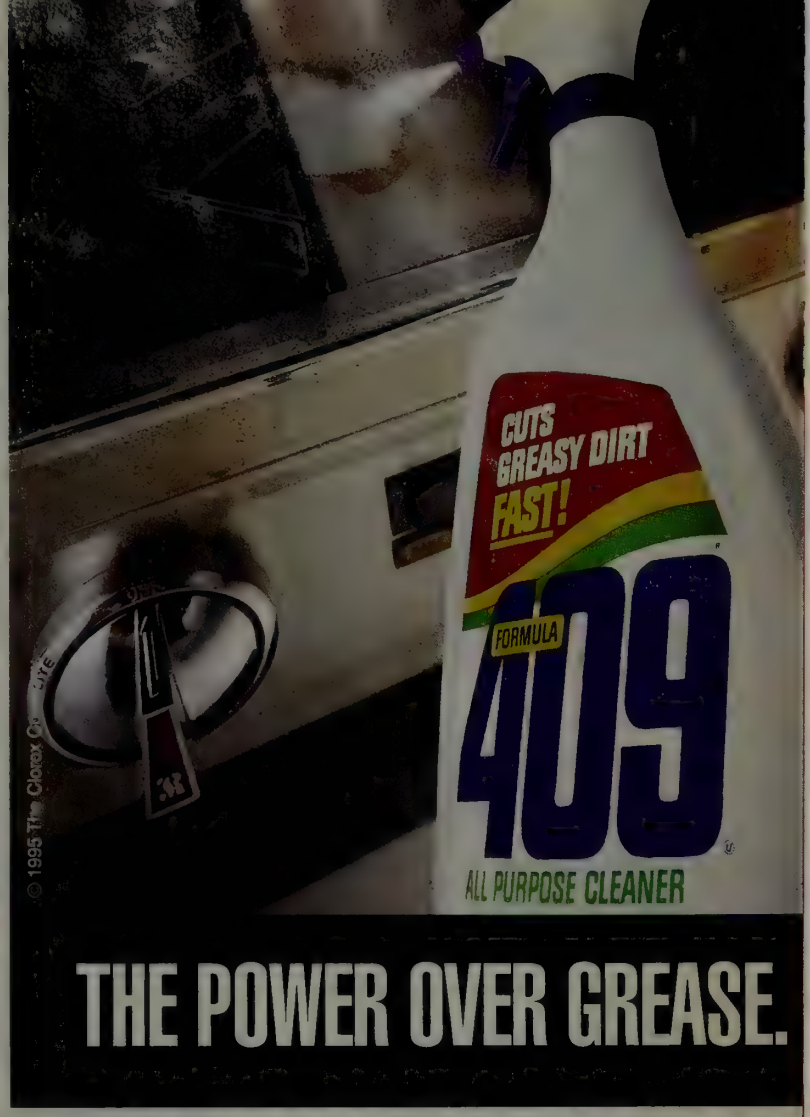
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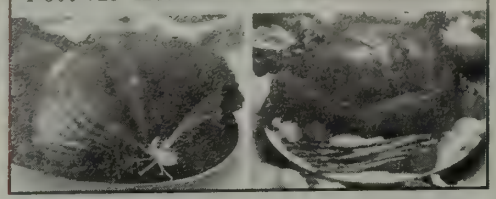


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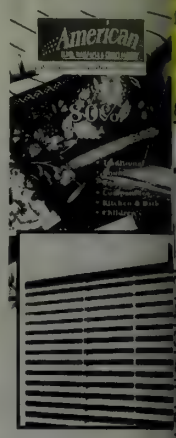
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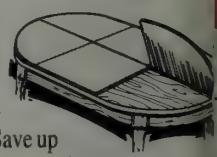




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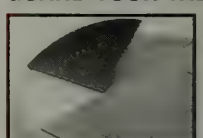
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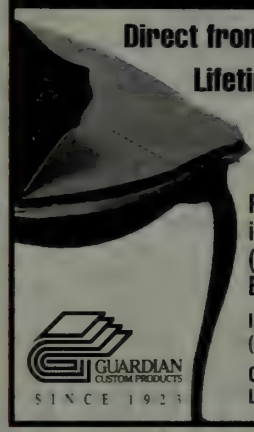
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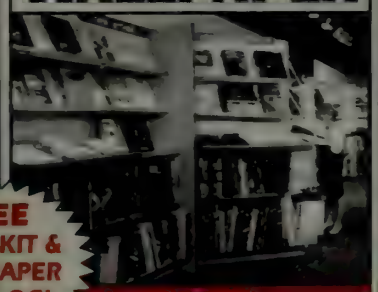


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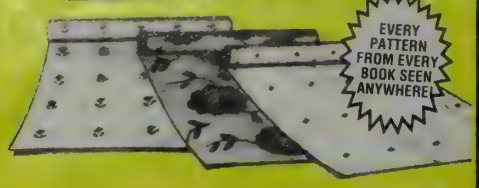
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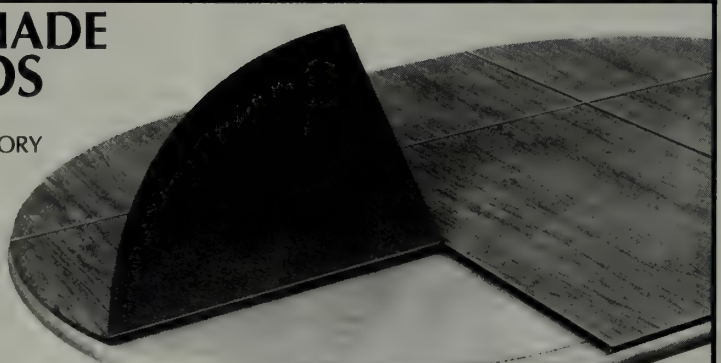
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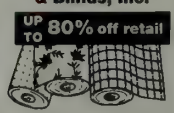
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By James Brothers

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"They have an excellent Santa-child ratio."

The other day Chris bought a new snow shovel, walked in the back door, and handed it to me with a big grin on her face. "And you say I never buy you anything," she said.

Uncle Dodd Buckner advises there is an easier way to get your family tree researched—simply run for president.

Dot Dresch loves the current of excitement that races through the air during the holiday season, but says her husband Dick counters that it's the bills that are shocking.

Our Rosemary writes from college that when her American history professor discussed economic conditions of the 1930s and the impact of the dust bowl, the student athlete sitting in front of her wanted to know who won that game.

Have you ever noticed that some of the longest hours of the day are preceded by the words, "You got a minute?"



"Of course I have a long-range goal, Mr. Johnson. It's called payday."

Aunt Opal reports that she is challenged by the price of postage stamps. She doesn't like having to evaluate old friendships in the light of a 32-cent stamp.

Editor Earl Reeves says if the price of newsprint keeps skyrocketing, he is going to retire and buy a tree farm.

A part-time job at a local market is helping high school student Tyler Martin sharpen his communication skills. So far, he reports mastering the technique of asking total strangers whether they prefer paper or plastic.

Grandma Hillis says the people who wax nostalgic about wood-burning stoves don't remember the burdens of always having to split firewood and carry it inside.

The Rev. George Hall worries that too much of the Christmas spirit comes out of bo[illegible]

~Christmas is a series of wonderful rituals. One of our favorites is decorating the tree. I fetch the box of ornaments from the attic; Christine and the kids pick out Christmas carols. As we gently unwrap each treasure, we reminisce about holidays gone by.

Our oldest ornament was my very first gift to Christine—a large red ball inscribed "Burt Loves Christine." She said she considered it a sort of marriage mile marker and always looked for it on the tree.

But last year, Judy accidentally dropped the keepsake. She cried, Chris cried. We all felt bad. But the pieces were quickly swept up and we forgot all about it.

This year Chris got an early gift; a pewter ball with all our names inscribed on it. Judy bought it with her allowance. "Now when you look at this you'll think of all of us," she said. "And Mom," she added, "this one can't break. I asked the salesclerk."

Burton Hillis